

Thursday, February 8, 2018

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Jealous rage led to violent attack on ex

- Man broke into home of his ex and subjected her to a brutal violent assault
- Victim woke to find defendant standing over her before he began attack
- 'Vile bully' had previously been ordered to stay away from his former partner
- Attacker jailed for three years and said 'sorry' as he was led to the cells

FULL STORY: Details from court **Page 3**  ONLINE: For more news from the area visit: essexlive.news/harlow



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in this week's paper...



Motors: Pointless, yet practical

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■ Mulberry Green Estate, Station Road, Old Harlow	■ Haart, 4 West Gate, Harlow
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■ Kings, Unit 4, Church Langley Way, Harlow	■ Reyland Johnson, 1 Acorn Mews, Harlow
■ Kings, 19 East Gate, Harlow	■ Howick & Brooker, 1 High Street, Old Harlow
■ Geoffrey Matthews, 47 High Street, Old Harlow	■ Belvoir, 40 High Street, Old Harlow

CONTACTS



Editorial

Editor Alan Woods
Post Harlow Star, Kestrel House, Hedgerows Business Park, Chelmsford, Essex, CM2 5PF
Phone News 01245 602730 Sport 01992 663313
e-mail newsdesk@essexlive.news

Advertising

Telephone Sales 01992 526666
External Sales Emma Wood 07816 170274

Distribution

If you have a query regarding the delivery of your newspaper or would like to join our team as a newspaper deliverer, please contact our distribution department:
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Manager Duncan Anderson
Phone 01223 342528
email duncan.anderson@Cambridge-news.co.uk
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THE TOP 10 THINGS TO DO THIS WEEK



Katie Bradley performs in Harlow this week

Photo: LEO LYONS

MAN-TASTIC DAY

EARLY MAN TRAIL: AUDLEY END HOUSE AND GARDENS, AUDLEY END ROAD, SAFFRON WALDEN, SATURDAY FEBRUARY 10 TO SUNDAY FEBRUARY 18

To celebrate the release of Oscar-winning Nick Park's upcoming film Early Man, English Heritage has brought a brand-new half term quest to its sites across the country. Set at the dawn of time, when prehistoric creatures and woolly mammoths roamed the earth, Early Man tells the story of how plucky caveman Dug (Eddie Redmayne), along with sidekick Hognob unites his tribe against the mighty Lord Nooth (Tom Hiddleston) and the Bronze Age to save their home.

It's £1 to take part in the trail, while normal admission prices apply. Visit www.english-heritage.org.uk/audley

LIVE ON STAGE

MUSIC AT MARIGOLDS: HARLOW CRICKET CLUB, CHIPPINGFIELD, OLD HARLOW, FRIDAY, FEBRUARY 9, 7.30PM

Katie Bradley and the Chris Corcoran Trio will entertain at Harlow Cricket Club.

As well as being a singer, Katie is a blues harpist who has toured the world.

Chris Corcoran is one of the UK's finest Blues and R&B players and has been performing across the UK and Europe for the last 20 years. Tickets are £10 on the door.

Visit www.musicatmarigolds.co.uk

JUST DIG IN

ARCHAEOLOGY IN CASTLE PARK: CASTLE PARK, THE CAUSEWAY, BISHOP'S STORTFORD, TUESDAY, FEBRUARY 13, 1PM AND 4PM

Join the Castle Park team and LP Archaeology for archaeological events for all ages in the park. LP Archaeology will be starting to dig



English Heritage is marking the release of Early Man

test pits this week to look at the ground in Castle Park. Test pits are a chance for the archaeologists to piece together the history of the park and discover the historic use of the site. Explore and dig your way through the sandpit to see what historical objects you can find and identify

BIG SCREEN MUSIC

SAFFRON WALDEN SYMPHONY ORCHESTRA: SAFFRON HALL, AUDLEY END ROAD, SUNDAY, FEBRUARY 11, 3PM

An evening of film music, including Raiders of the Lost Ark, Out of Africa, Ben Hur, Lord of the Rings and Braveheart. Tickets are £18, £15 for concessions and £3 for children and are available at the Saffron Walden Tourist Office box office on 0845 548 7650 or from saffronhall.com

GET QUIZZICAL

QUIZ NIGHT: CATHOLIC CHURCH HALL, MILL LANE, GREAT DUNMOW, FRIDAY, FEBRUARY 9, 7.30PM FOR A 7.45PM START

A quiz night will be held with all proceeds going to Uttlesford Community Travel, British Aid for Deprived Childre and church hall maintenance.

There will also be a raffle. Entrants should bring their own drinks and glasses, although tickets come with a ploughman's supper. Tickets are £8 per person. For more information call 01371 873768.

SOUP-ER SUNDAY

SNOWDROP SUNDAYS: THE GIBBERD GARDEN, MARSH LANE, GILDEN WAY, HARLOW, SUNDAY, FEBRUARY 11, 11.30AM TO 4PM

Pop on your wellies and enjoy the charm of the Gibberd Garden in winter, as well as the display of snowdrops. Homemade soup and bread will be served in the Barn Tea Room, along with our usual hot and cold drinks, cakes and scones.

Tickets are £4 for adults, £3 for concessions and £1 for children aged 5 to 16. Under fives are free. For more information call 01279 442112.

TREASURE TROVE

ANTIQUES FAIR: LITTLE HADHAM VILLAGE HALL, SUNDAY, FEBRUARY 11, 9.30AM TO 4PM

The Little Hadham Antiques Fair is an established fair of quality antiques. Refreshment and hot meals are available.

For more information call 01279 503576.

UP THE WALL

CLIMBING WALL: SWORDS FIELD, THE CAUSEWAY, BISHOP'S STORTFORD, TUESDAY, FEBRUARY 13, 3PM TO 4PM

A diverse activity session will be held for young people and will include a mobile wall.

For more details contact Russel Cairns at Hertfordshire County Council.

LET'S PARTY

30S TO 50S PLUS PARTY: CANONS BROOK GOLF CLUB, CLUBHOUSE, ELIZABETH WAY, HARLOW, FRIDAY, FEBRUARY 9, 8.30PM TO 1AM

A party for singles and couples aged 30 to 50 and over to drink, dance, socialise and meet new people. The music will be club classics from the 70s to date. Tickets are £8.

COUNTRY CRAFT

SALT DOUGH CRAFT ACTIVITIES: SAFFRON WALDEN MUSEUM, MUSEUM STREET, SAFFRON WALDEN, TUESDAY, FEBRUARY 13, 10.30AM TO 4PM

Have a go at the traditional country craft of salt dough! There will also be the opportunity to take part in a long-horned cow craft trail around the museum.

Sessions are ticketed and last 30 minutes and children must be accompanied by an adult. Tickets are £1.50 and can be bought from the museum on the day or in advance.

Visit www.saffronwaldenmuseum.org

Three years in prison for 39-year-old who in jealous rage violently attacked woman 'Vile bully' who assaulted his former partner gets jail term

By Sophie Finnegan

sophie.finnegan@essexlive.news

A "VILE bully" who stood over his former partner as she slept and attacked her in a jealous rage has been jailed for three years.

Danny Walker, from Harlow, broke into his former partner's house and subjected her to a violent assault, punching her, biting her and choking her.

The 39-year old previously admitted ABH and breaching a restraining order against his former partner, who the Harlow Star has chosen not to name.

At Chelmsford Crown Court last Wednesday (January 31), prosecutor John Oliver explained how on May 9, 2017, Walker was convicted of seven offences of battery and was sent to prison for 13 weeks.

At the time of that sentencing, a restraining order was put in place not to attend the home address of his former partner, who lived in Harlow.

On December 2, 2017, his former partner went out for drinks with her friends when she was approached by Walker.

She did not want to spend the evening with him and so her friends encouraged him to leave.

At the end of the evening after a few drinks, she returned home to go to bed.

Usually, the house is occupied by five children but on that night, the children were staying with family members.

She went to bed and awoke to find the defendant standing over her.

He repeatedly slapped and punched her in the face and called her a s*** and a c***.

It is thought he hit her in the face and on her arms about 30 times.

The assault continued with Walker holding her around the face, neck and mouth.

The victim says she does not recall exactly what happened, whether she passed out or was

knocked out, but when she awoke, the defendant was still there.

He hit her, head butted her and bit her ear before she managed to get out of the house and drive to her father's house for help.

She was taken to Princes Alexandra Hospital in Harlow where she was found to have a suspected fracture, which was later confirmed to be swelling and bruising to her face.

On Boxing Day, the victim was at home with her five children, six weeks after giving birth to her fifth child.

Walker was round her house and the pair began drinking alcohol together until deciding to go to bed at around midnight.

She got up to use the bathroom and when she returned she discovered Walker had been looking through her phone, which led to a further attack.

Accusing

He hit her, head butted her, pinned her to the bed and bit her left ear before accusing her of sleeping with other people.

The assault went on for hours as he continued to shout at her and threatened to kill her while the children were in the house.

The victim suffered scratches to her arms and bruising following the assault.

Mr Oliver drew similarities between these two assaults and a previous assault on a different partner where he pinned her to the bed, grabbed her round the throat and began to strangle her.

He went on to read extracts from her victim impact statement.

"She feels like a different person compared to the how she was before she met him," the statement said. "She felt controlled by his behaviour."

"After being in a previous violent relationship, she was promised that he would look after her and he did quite the opposite."

"She is afraid of the defendant. The physical injuries have healed



Walker was sentenced at Chelmsford Crown Court

but her emotional scars remains.

"She made him aware when she was a child she had an operation to remove a tumour, which meant a small part of her skull was removed.

"He still hit her in the head which she feels is vulnerable."

He also described how she felt she could not maintain relationships with friends and how she is now worried she will lose her children following the incident.

Walker has 18 convictions for 41 offences stretching back to 1998.

Mitigating lawyer Richard Connolly said: "Anyone reading this in paper would be expecting a

reputed brute but I have seen a very different man."

Judge Turner interjected: "He is full of apologies and sweetness, then two or three days later he is being a vile bully - that is his problem."

Mr Connolly continued: "Moments before, he expressed to me that there are matters which he doesn't wish to address you about out of concern it might upset the complainant who sits in court."

"He was not aware of her presence in court."

"I can do no more than offer his most sincere apologies to his

former partner."

"I want to know why he used this ghastly violence," Judge Turner asked.

The defence lawyer said: "He has a weakness for..." before Judge Turner interrupted with: "For beating up partners?"

"No for her," Mr Connolly said.

"There were a few mixed messages and communication whilst in custody and he wanted to continue with the relationship against his best judgement."

"He makes no excuses, he can see this was a volatile relationship."

Judge Turner said: "Which is all the more reason to obey the court order."

Mr Connolly responded: "He has come here today expecting a sentence in years. He is genuinely remorseful. How long that will last is a matter only time can tell."

Sentencing Walker, Judge Turner said: "Having being released on licence you decided to reengage with her. That was a very bad decision, with possibly some encouragement. She was, I regret to say, unwise, but that does not excuse your behaviour."

"You assaulted her in a totally vile way and it was not the first time, even your previous partner you have assaulted. You have clearly got a difficulty in relation to women."

State

"On December 3, having seen her in public, you made your way to her home, gained access without her knowledge, looked through her phone, stood over her as she slept and assaulted her viciously, punching, throttling, biting her ear and shouting vile verbal abuse."

"Her house was said to have been in a state and that is all bad enough but again 24 days later on December 26, possibly with some encouragement from her, you breached the court order which led to violence."

"You struck her, head butted her throttled her and you made threats to kill."

"Her victim impact statement makes for painful reading - no doubt she has been forever changed by this brief and volatile relationship."

Judge Turner sentenced Walker to three years in prison and imposed a six-year restraining order on him to stay 100 meters away from his victim and her children.

Walker turned to his former partner, who was sat in court, and said: "Sorry", as he was sent down.



PAST TIMES:
A RIGHT WORTH FIGHTING FOR - SEE P27

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DRIVING FORCE: 'You're supposed to be gloomy, supposed to sit and project Athelete gives disabled rights a power boost



By Alasdair Hooper
alasdair.hooper@essexlive.news

"THIS is not a developing nation, this a first world nation," says Anne Wafula Strike.

"When you see disabled young people being laid on toilet floors to be changed then you know there is something very wrong."

It is assumed the UK is at the forefront of inclusivity and accessibility, but if anyone should know it is Wafula Strike.

The Harlow-based wheelchair user, who is originally from Kenya, is a Paralympian, an MBE and a passionate campaigner for disabled rights.

When she was born she was a fit and healthy child but was struck down by polio at the age of two.

The Paralympic wheelchair racer, who proudly states she is an Essex girl with colour and an accent, was left paralysed from the chest down and faced a barrage of hurdles growing up in Kenya before coming to the UK in 2000.

"People didn't know what to do with me apart from my family," she said.

"My mother and father were

really supportive but, the community at large, they just didn't know what to do. Some of them just shied away and they couldn't even look at me. Some of them looked at me with those eyes of pity, some of them it was disgust – why is she here?"

"But the funny thing is when I was in primary school – it was for the physically handicapped – life was good because we were all disabled. But as soon as you go out, oh my goodness, the world was screaming disability at me."

"As soon as you walked out of the gates everybody would look at you and stare."

"Women are valued less but a woman with a disability is even worse."

Wafula Strike was introduced to wheelchair racing in 2002.

She represented Kenya at the Athens Paralympics in 2004 and, after successfully applying for British citizenship in 2006, she soon became a member of Team GB. However, while there was success in sport she soon realised accessibility and perception of disability was not as it should be in this country.

"It's really society that disables

us because of the barriers that are there but if society was inclusive, and they really knew what inclusion means, then we wouldn't feel isolated," she added.

"Disability is here to stay so we might as well embrace it and start making provisions right now."

"That is what we're still fighting and one day I would really like to go around Essex to find accessible clubs, because not a lot of it is accessible. People don't understand what it means because they have always thought when there is a ramp into the building then they've ticked that box of accessibility."

"When they have a disabled toilet they've ticked that box of accessibility. They forget that sometimes, in that toilet, they use it as storage and sometimes, as you go in that toilet, they have bins and things that you can't even access. I think society looks at me sometimes as a mad person – like I make too much noise."

"But the people who are going through the same challenges as me they look at me as somebody who is amplifying their voices."

"I don't want to say that they don't have a voice but some of




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The Argos is one of two in the town, the other is at the Harlow Retail Park

Town Argos to close and be relocated to food store

One of the Argos stores in Harlow is going to close down and be relocated to a supermarket in the town.

The Argos in the Harvey Centre will be moving to Sainsbury's in Fifth Allende Avenue, less than a mile away.

This comes as Sainsbury's bought the Argos chain in a £1.4bn takeover in 2016. Since then, there has been a move to close down some of the stores and relocate them into Sainsbury's stores.

This has already several times in Essex including at Springfield in Chelmsford and in Basons Lane, Chipping Ongar.

A spokesperson for Sainsbury's confirmed that the Argos colleagues will transfer to the new store.

The move is expected to happen in early May.

The Argos in the Harlow supermarket will be "a modern digital store where people can order products immediately in store or click and collect," the chain said.

Typically, the Sainsbury's stores make way for Argos by rearranging part of their fittings at the back of the store, as happened in Chelmsford.

Whether more Argos stores will close in the near future and move into other Sainsbury's in Essex is yet to be seen.

The Harvey Centre in Harlow is home to a large range of shops including Blue Inc, Charles Fish, Claire's, GAME, Hawkin's Bazaar, hmv, Peacocks, The Works and Wilko.

pity - these are the prejudices we are trying to challenge.'

them really struggle to be heard so I am amplifying the voice of so many people.

"It's a privilege to be able to do this. That's why I don't want to take anything for granted or just sit and enjoy life, and just be a Paralympian and stuff like that.

"I feel that it's a platform that I can use to support others and to empower other people."

Then there was the infamous incident on the train - the trigger, the kick-starter - that propelled Wafula Strike and her cause into the public spotlight.

In December 2016 she was on a three-hour CrossCountry train from Nuneaton to Stansted with an out-of-order accessible loo.

As a result she was forced to wet herself in a humiliating and embarrassing episode that forced her into action.

After winning a payout from the train company in a high profile case she found that her Paralympic status had essentially given her a voice - and she planned to use it.

"When I had the incident on the train we had so many disabled people who came up and said it happened to me," she continued.

"I was really angry at them because, had you stood up and spoken about this, it should have stopped happening a long time ago. But I know they were embarrassed, I was embarrassed and it was a very embarrassing thing.

"We are living in a community where people are self-obsessed and want to talk about the nice, glamorous things.

"My disability exists and becomes a problem, not because I use a wheelchair personally, but because the broader environment isn't inclusive.

"You're not supposed to be colourful, you're not supposed to speak well, you're not supposed to demand and you're not supposed to know what you want in life.

"You're supposed to be gloomy -

you're supposed to sit and project pity and sympathy - and then you're supposed to just sit there and accept.

"You have to be grateful when they give you a pat on the back, or on the head, or on the shoulder.

"But it is not like that - these are the prejudices, stigmas and

"When you see disabled young people being laid on toilet floors to be changed then you know there is something very wrong"

Anne Wafula Strike

perceptions that we are trying to challenge."

This story began with disabled young people having to be laid out on toilet floors to be changed - something that happens far more often than people realise.

A petition calling on the government to ensure changing places in disabled toilet facilities - with an adult changing bench, hoist and enough space for two carers - are provided in all large public buildings is the latest campaign Wafula Strike is backing.

"This particular campaign was started by a lady called Lorna Fillingham.

"She is a mother of a seven-year-old girl with multiple challenges and she can't keep lifting her child onto the baby changing bench because the girl is now seven. When she's travelling she lays her girl on the toilet floor and that is heart-breaking.

"There are different conditions, there are different diseases and different viruses on that floor. You don't know who may have been there. This is a first world allowing its citizens to be treated in that way, so what has gone wrong? I'll challenge people to go out with somebody who has a disability - either visually impaired or a wheelchair user. Just go out in the community, wanting to have a social life, and they will find that it is quite inhibiting."



Anne Wafula Strike

■ Born in Mihu, Kenya, Anne Wafula Strike was a fit and healthy child before polio struck when she was two years of age.

■ The disease eventually left her paralysed from the chest down.

■ After completing A-levels and graduating from Moi

University she met the man she would marry.

■ This led her to Britain, motherhood, wheelchair racing and to her charity work and campaigning.

■ She became the first wheelchair racer from Africa to compete at the Paralympics in Athens 2004.

■ In 2006 she became a British citizen and joined Team GB.



Popular Facebook page disappears

A POPULAR Facebook page which was formed to keep Harlow residents up to date with local news has suddenly disappeared.

The group 'spotted in Harlow' had developed a large following with over 26,000 members after years of keeping the community informed.

Members of the group would message the admins known only

by initials 'T', 'A' 'J' and 's', with information which they would then post onto the group.

The page shared member posts about police activity, news articles from events in Harlow and even rumours heard through the grape vine.

It is not yet known why or how the page disappeared but it is thought the page has been deleted.



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£120k penalty after court is told of life-changing injuries suffered by woman, 75

Care home fined after resident's shower hell

By Tommy Wathen
newsdesk@essexlive.news

THE owner of a Harlow care home has been fined £120,000 in court after a 75-year-old woman was left with life-changing injuries when she got trapped in a shower seat.

The woman was showering with support from one of the carers at the Partridge Care Centre in Partridge Road, Harlow, and using a shower commode chair, which the court heard did not have a safety belt or foot plates.

Southend Magistrates' Court heard last Thursday that the woman was injured as a result of being trapped in the commode shower chair after the carer noticed the lady's leg was sliding between a gap in the seat.

The carer called for help, but the woman slipped further, causing the chair seat to come out of its position and for her to fall further into the gap.

Other members of care staff tried to help lift the woman, but the chair's seat fell away and she became caught on a metal bar on the equipment.

Injury

The prosecution was brought against Rushcliffe Care Limited, the owners of the Partridge Care Centre, after the woman sustained a significant injury and required surgery – which left her with a stoma and colostomy bag.

James Lester, prosecuting, told the court: "Rushcliffe Care failed to take all reasonable steps and exercise all due diligence to

ensure safe care and treatment was provided and that as a result a person using the service suffered serious avoidable harm."

Following the incident, the Care Quality Commission carried out an inspection and launched an investigation into what had happened.

The court heard that in the months before the incident, the resident's sitting balance had deteriorated, which left her at significant risk of leaning forward or slipping while showering.

The care provider knew this as a carer had reported her concerns about the lady showering to home managers, but nothing had been

done to provide proper support.

Mr Lester told the court that the woman suffered injuries and was taken to hospital where she underwent surgery.

Prior to June 2015, the provider had no policy or suitable guidance for using commode shower chairs safely and staff who showered the resident did not have adequate instruction on how to keep her safe.

Assessment

The home had failed to promptly refer her for specialist assessment, despite the deterioration in her posture and risks identified by staff while shower-

ing, and the equipment used to support her was unsafe as it was the wrong size and provided insufficient posture support.

Mr Lester said: "The risk assessments in this resident's care planning documentation were insufficient or inadequate to support her showering."

"In particular, they made no sufficiently clear of specific assessment either of the risks presented to her during showering, to the deterioration in her sitting balance in the months prior to the incident, or the risk from the use of the shower commode equipment used to support showering her."

After admitting liability for the woman's injuries and saying that they failed to provide safe care and treatment to one its residents, Rushcliffe Care Limited were fined £120,000 and ordered to pay a £170 victim surcharge along with £17,826.37 costs.

Rushcliffe Care Ltd also suspended use of the type of shower commode chair used by the resident at Partridge Care Centre.

Since the incident, the home has transferred ownership from Rushcliffe Care Limited to a new provider, Abbotts Care Centre Ltd.

It has also been renamed as Abbotts Care Centre.



This is the care home where the woman was seriously injured

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A 'moment of madness' led to neighbour being threatened with fake gun

A WINDOW cleaner who brandished a fake gun to threaten his neighbour with after an argument about speeding has been spared jail.

Michael Butler, 33, threatened neighbour John Perry with the weapon on September 11, 2016, outside his front garden in Pittmans Field, Harlow.

Butler and his family moved away from the area after the incident in January 2017 and now live on Queens Road in North Weald.

Sasha Bailey, prosecuting at Chelmsford Crown Court last Friday, told the court that Butler retrieved the imitation weapon from his house after the altercation and did so in the presence of mothers and children who were playing in the street.

She said: "Mr Perry and the mothers and children who saw this did not know it was an imitation. It was realistic in appearance despite it being made of cheap plastic."

The court heard how the argument began after John Perry remonstrated with Butler when he sped into a parking space - Butler denies that he even drives.

But Rakesh Sharma, mitigating for Butler, told sentencing judge David Turner QC that it was a "moment of madness" when he pulled out the weapon and that he had been on the right path for a number of years.

He said: "His partner is now facing considerable anxiety over this."

"They moved away from Harlow in January of last year. He fully accepts he did this."

Mr Sharma also informed the



Michael Butler standing outside Chelmsford Crown Court

court that Butler had been in the same job as a window cleaner for the past four years and was now in a managerial position.

"This is his first offence in seven years," added Mr Sharma.

"He considers himself to be a family man."

"He and his partner have three kids, one of which is his own and they are expecting a fourth in two weeks."

Butler pleaded guilty to possession of an imitation of a firearm with intent to cause fear or violence on the first day of his trial on January 24, this year.

He has five other previous relevant convictions related to violence, all of which were described as being reactive and impulsive.

Butler was handed a 15-month prison sentence, suspended for two years.

He will take part in a 'resolve' programme which will give him 26 sessions to deal with his violence.

On top of that, he was ordered to undertake 25 rehabilitation days (RARs) with the probation service.

He was handed 150 hours of unpaid work for the benefit of the community and he must pay £500 worth of prosecution costs plus the victim surcharge.

Dog walker discovered animal's remains close to park

Badly mutilated fox found dead in field 'had been tortured'

By Hannah Kane
hannah.kane@essexlive.news

A DEAD fox found mutilated was "tortured" says the dog walker who found it in a Harlow field.

The woman, who wishes to remain anonymous, was out with her daughter and their dog in the fields opposite Marigolds recreational ground, when she found the animal.

She said: "My dog went over to the ditch and was taking a long time sniffing about in that area and wouldn't come to us when we called her, so we went to see what she was doing."

Blood

"We noticed the blood and fur first, like something had been dragged out of the ditch."

"Then it was just more or less in front of us, a 10 feet from the ditch, laying in the growth at the edge of the field."

She noticed the blood was still wet, which made her think the fox had not long been dead.

"It was definitely recent," she said.

"The blood was wet and fresh, as was the carcass."

"It just did not make sense to



A dog walker found the remains of the fox near to Marigolds recreational ground

me, how half a fox could be mutilated like that."

"It's not like we have bears or

panthers, though a big cat did cross my mind, but then I regarded it as silly."

"I believe it was tortured, either by a pack of animals or some evil person, or hunter."

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Suspected dealer is kept in custody

A SUSPECTED drug dealer from Harlow was remanded in custody for a further seven days while police waited to see if he would excrete

out his drugs. Lamarr Chambers, 24, was arrested on Wednesday, January 17 by officers from Essex Police's Operation

Raptor West team for failing to stop for police in Ladyshot, Harlow, along with possession with intent to supply class A drugs.

He is alleged to have swallowed the drugs. Officers have been holding him in police custody in Harlow until the evidence is removed from inside his body.

At the time of going to press he had gone 20 days without a visit to the toilet.

Last Friday (he appeared at Chelmsford Magistrates' Court as police applied to keep him in custody.

The application was granted until tomorrow (Friday, February 9).

During the hearing a woman, believed to be Chambers' mother was heard to make comments to police, citing her son's human rights.

Operation Raptor West is Essex Police's gang and urban street crime unit for Harlow, Epping Forest, Brentwood and Thurrock districts.

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Fed-up residents set up new party to focus on local issues

Alliance members in town say they will have no political ideology or allegiance

By Alasdair Hooper
alasdair.hooper@essexlive.news

A GROUP of Harlow residents have taken matters into their own hands and set up their own political party – but there is a twist.

The new Harlow Alliance Party prides itself on having “no political ideology or allegiance”.

It says it will be focused primarily on local issues and has come into being due to a number of residents who say they are fed-up with their current representatives.

“A group of residents met last year – about six or seven of us – all with a common interest,” explained party leader Nicholas Taylor.

“We are concerned with the lack of transparency in Harlow Council.”

Mr Taylor, who has lived in Harlow since 1956 and worked for the council for 30 years, is certain that his party can help inform and represent the people of the town.

However, the Harlow Alliance Party was specifically designed not to have an ideology or political alignment, with its sole focus purely on local matters.

“That’s why we are called an alliance party, because we think a lot of our views will be picked up by people of all political persuasions,” explained the 64-year-old leader.

Issue

“The people are very interested in what we are doing.

“One major issue at the moment is about the roads. The council believe that the existing road system can cope with the housing developments.

“You have only got to drive in Harlow to know that’s not the case.

“There is also our hospitals and services, tourism and leisure, housing development and the town centre redevelopment.

“I worked for Harlow Council for 30 years as did two other people on the committee – and also Epping Council.

“I know what the issues are for



The Harlow Alliance Party members at the launch

people in this town, having lived here for 60 years.”

“People are fed-up with the local politicians,” Mr Taylor added. “One of our key things is not being bound by national politics. When there are important matters being discussed, you see politicians from rival parties bad-mouthing people for the sake of it.

“Some people do take the trouble to watch and look at meetings on the web camera and people are just fed up.”

TELL THE DIFFERENCE

WHAT’S the difference between a minority party and a political party?

■ Political parties can stand in all elections their registration applies to, either

in Great Britain or Northern Ireland.

■ Minority parties can only contend parish and community elections in England and Wales.

Arguably, the biggest policy the Harlow Alliance Party is focused on at the moment is the issue of housing.

Plans from Harlow Council

have been hotly debated, as some residents claim that further housing plans drawn up by Epping Forest District Council could cause further congestion prob-

lems for Harlow, even though it is beyond the boundaries, according to Mr Taylor.

However, the party believes their main purpose is simply to make more people aware of what is happening in local politics.

“The time is just right for us to start because of the plans to build houses,” he continued.

“We are hoping for a rapid increase in membership.

“My guess is that 99 per cent of people didn’t know that the plans were coming and they will have

big implications.

“Since the council abandoned its offices, they have tried to engage with the public and we think all of these attempts have failed.”

Andrew Johnson, the leader of Harlow Conservatives, defended the council against the Alliance party’s claims.

“I have always wanted the council to be as transparent as possible,” he said.

“When we were in control we made sure the opposition could speak at cabinet which, to give the current council credit, they have kept.

“There is sometimes political point scoring but I have seen it from independent members as well and from Ukup.

“I don’t think it is just by being a member of a political party.

“We have been trying to publicise planning and our meetings as much as possible.

“But I would say that is also the fault of the local media looking for soundbites and quick stories.

“If you look at the agenda for Thursday then it is 600 pages long and no member of the public is going to sit through that if they aren’t interested in politics. We do what we can to make people aware of issues.

Welcome

“The Alliance Party – it seems to be Ukup by another name but they are welcome in the democratic process.”

Bill Pryor, a Harlow Council UKIP councillor, said: “I agree with the point scoring on the council. I sit on a minority party of two now on the council and I see it going on between the two main parties. The Alliance party can only be good for the town.

“It’s silly, we should all be working together for the good of the town. The main parties are not working against it but it would be much better for the rest of the town if we all came and worked together.”

Epping Forest District Council has also been approached for comment but is yet to respond.

More measles cases in Essex than a year ago

MEASLES may be on the rise with more cases reported in Essex in January than this time last year.

There were six cases of measles reported in the county this January, compared to four in the same period last year.

In the four weeks of the month (up until January 28), there were six suspected cases of the viral illness reported to Public Health England (PHE) in the area.

While not all of the suspected cases may not turn out to be measles, the number of reports is higher than in the same period of the previous two years, PHE reports.

Dr Mary Ramsay, head of immunisation at PHE, said: “This serves as an important reminder for parents to take up the offer of MMR vaccination for their children at one

year of age, and as a pre-schooler booster at three years and four months of age.

“Children and young adults who missed out on their MMR vaccine in the past or are unsure if they had two doses should contact their GP practice to catch-up.”

Suspected

Across England and Wales there were 183 suspected reports of measles, which is higher than the 86 cases in 2016 and 98 in 2015 for January.

The number of reported measles cases is at its highest level for the first time for this month for the past five years. Compared to 2013, when a major measles outbreak in England and Wales occurred between November 2012, and July 2013.

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Essex on list of shame for airgun attacks on animals

SHOCKING figures from the RSPCA have revealed that Essex is ranked in the top ten areas in the UK for airgun attacks on animals.

The county sits at number six on the list, with 29 recorded attacks in 2017.

This puts it ahead of larger areas such as Staffordshire (28) and North Yorkshire (24).

Essex sits behind West Yorkshire, Greater Manchester, Greater London and Kent. At number one, with 54 recorded incidents in 2017, is the West Midlands.

The RSPCA has received, on average, 900 calls a year since 2013 reporting incidents of animals being targeted by people using air weapons.

Now the charity wants to see England and Wales follow the lead of Scotland,

where airgun owners and users have been required to have a licence since January 1, 2017.

However, in 2017, the RSPCA still received 884 calls reporting airgun attacks on animals across England and Wales.

A total of 4,500 reports of airgun attacks were received by the charity from January 1, 2013, to December 31, 2017.

Last year the RSPCA received calls alleging attacks on 519 wild birds, 341 cats, 125 wild mammals and 111 dogs, among others.

The penalties faced if caught deliberately using an airgun to injure an animal can be up to six months in prison and/or an unlimited fine if found guilty under the Animal Welfare Act.



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Clubber made threats to door staff and bit a police officer

Teen is fined £700 over street violence

By Charlotte Page
charlotte.page@hertsexnews.co.uk

A HARLOW teenager has been fined more than £700 after he bit, kicked and grabbed three police officers outside a nightclub.

At Stevenage Magistrates' Court on Wednesday, January 31, Ellis Wyatt, 19, of Hollyfield, pleaded guilty to three counts of assault on three constables while in the execution of duty.

The court heard that Wyatt became aggressive towards the door staff at Bacchus Bar in Anchor Street, Bishop's Stortford, at about 2am on New Year's Day, after he stepped outside to have a cigarette.

Shahida Parveen, prosecuting, said that Wyatt was heard by PC Mark Worboys, PC Paul Lillie and PC Andrew Darvill saying "I will f****g kill you" to door staff.

The three officers were patrolling the area at the time.

Aggressive

Ms Parveen continued: "The defendant was being aggressive to door staff whilst in the presence of officers."

"His behaviour led him to being arrested by PC Darvill and the defendant put up a fight with the officers."

Officers were forced to restrain Wyatt, who was resisting the arrest - shouting, swearing and trying to get out of the police car.

PC Worboys was left with a scratch to his hand after Wyatt grabbed it and refused to let go.

PC Lillie sustained a two-inch red mark after being bitten on his right forearm and PC Darvill was kicked in the legs.

"He said he was going to



The attack happened outside Bacchus early on New Year's Day

murder the children of the officers' and their wives," added Ms Parveen.

"He was really abusive and the officers say that his behaviour was really over the top, it seems from their statements."

Wyatt claimed not to remember much of the incident, nor did he remember arguing with officers or threatening the club's bouncers.

Defending Wyatt, Andrew Clowser told the magistrates: "You will be sentencing a teenager who was 19 and a quarter when this incident happened."

"He's gone out, gone out to a nightclub, and was drinking the wrong things - spirits. He had too much than was good for him."

Mr Clowser added that no incidents had happened inside the club before Wyatt, who was feeling sick, had stepped out for a cigarette.

"After that it's all virtually a blur to him," said Mr Clowser.

"The fact that it was New Year's Eve doesn't excuse the behaviour.

[I] attribute this to a lack of maturity and drinking too much on a special occasion."

He continued to tell the court that this was Wyatt's first offence and he is otherwise of good character.

Discipline

He said Wyatt is now in his second month working via an agency as a driver's mate and working a night shift between 7pm and 7am is "imposing discipline" on him.

"He has avoided alcohol since that incident, it worries him that this is the person that he can turn into," added Mr Clowser. He is embarrassed and ashamed."

Chairwoman of the bench Carolyn Howlett handed Wyatt a fine of £300 for the assault on PC Worboys, yet no separate penalty for the other two offences.

He was also ordered to pay £100 in compensations to each of the three officers, £85 in costs and a surcharge of £30 - amounting to a fine of £715.

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Friends and family gathered to help centenarian mark her special day in style

Amy celebrates 100th birthday with 'lovely day'

By Piers Meyler

piers.meyler@essexlive.news

A GREAT great grandmother who was born during the First World War has celebrated her 100th birthday surrounded by friends and family in Harlow.

Amy Ward was born on January 6, 1918 and celebrated the big occasion with a meal at The Fox Inn in Matching Tye.

Born to Adelaide and Charles Bramley in Chigwell, Mrs Ward grew up in the town and then moved around Essex, including living on many dairy farms.

Children

She married Joseph William Ward and had three children – Kathleen, Jackie and Eric.

She had a number of jobs, including working at a dried fruit warehouse on the Thames, she went into service and worked at a local grocery store and Woolworths before retirement.

Mrs Ward has seven grandchil-



Amy with Jackie and Eric

dren, 16 great grandchildren and four great great grandchildren.

Her hobbies are doing jigsaw puzzles, knitting for charity and word searches. She moved into her current home around 20 years ago, and she enjoys playing darts on a Wednesday evening.

Her granddaughter Hazel Hammond said: "The day was so lovely. She got up early when she was

able to open her birthday letter from the Queen.

"She had constant visitors. She knew some family would be coming to the pub but she didn't know the extent.

"We had people coming from Plymouth and the next day she had another party for friends at the home. She just had a really great time."



Amy Ward blows out the candles on her 100th birthday cake

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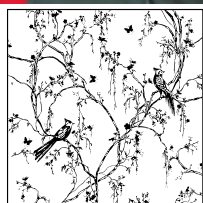


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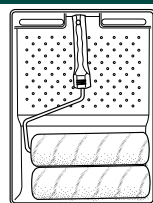
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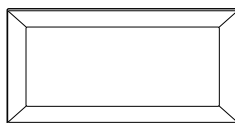
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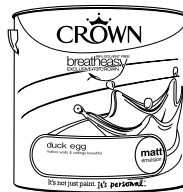
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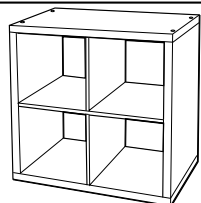
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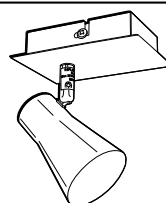
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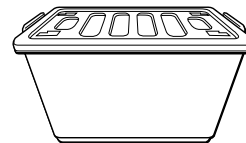
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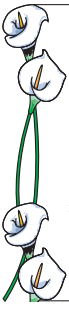






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Birthday Greetings		Bereavements		Bereavements	
 <p>Happy Birthday</p> <p>BURNETT Daniel</p> <p>Enjoy your special day and celebratory 'Bob the Builder does Vegas' Wolf Pack holiday. Lots of love xx</p> <p>Mum, Dad, Nanny, Mark, Susannah, Sarah, Dave, Gracie & Harper</p> <p>21st</p> <p>MORE THAN 950,000 VISITORS EVERY MONTH TO OUR SITE</p>	<p>Happy 65th Birthday</p> <p>DIXON Tony</p> <p>Happy Birthday 12th February Enjoy your day at Moot House Love from all the family xxx</p>  <p>LOOK WHO'S 90</p> <p>KNIGHT NORA</p> <p>We wish you a very happy 90th Birthday for February 14th mum. Love from, Roy, Ian, Jenny & Alan xxxx</p>	<p>Michael ANDREOU</p>  <p>In loving memory of our beloved Mike who sadly passed away on 21st January 2018. Loving partner of Mollie. He will be greatly missed by all. Funeral service to be held at: The Twelve Apostles Church Kentish Lane, Hatfield, AL9 6NG 11am on Monday 12 February. Then on to Woollensbrook Crematorium Hertford Road, Hoddesdon for 1pm. All welcome. Flowers to Pepper and Phillips Funeral Directors, Hoddesdon.</p> <p>Mollie Clements</p>	<p>DICK Norah Doris</p> <p>Passed away 14th January 2018 aged 92 years. Now reunited with her late husband Murray Snr. Mum to Russell, Murray and the late Lindsay. Mother in Law to Jill, Irma and the late Helen. Grandmother to Shaun and Craig and Granny to Charlotte.</p> <p>Funeral Service to take place at Parndon Wood Crematorium on Monday 12th February 2018 at 10:45am Flowers or Donations for Cancer Research can be sent c/o Daniel Robinson & Sons Wych Elm Harlow Essex CM20 1QP Tel: 01279426990 or visit Norah's in memory page at www.drobinson.co.uk</p>	<p>Ivan MASCALL</p> <p>Sadly passed away on 27th January 2018 aged 78 years. Father to Mark and Lance, grandfather to Jessica, Hannah and Luke. We wish to thank all staff on Kingsmoor Ward, Princess Alexandra Hospital for their kindness to Ivan. The funeral service will take place at Parndon Wood Crematorium, Harlow on Wednesday 21st February at 2.30pm. Family flowers only, donations to "Animal Rescue Charity" may be sent c/o Daniel Robinson & Sons 79/81 South Street, Bishops Stortford, CM23 3AL or via Web In Memory page www.drobinson.co.uk</p>	<p>Bridget (Bridie) MATTHEWS</p>  <p>Passed away peacefully 1st February aged 91 with her family by her side. Loving wife to Gerry (RIP). Beloved Mother to Christopher (RIP), Marie, David, Patricia and Denise. Grandmother and Great Grandmother. She was adored by all her family and is going to be missed so very much by all of them and also by her many friends. God bless you mum. Funeral arrangements to be advised in due course by Daniel Robinson, Bishop's Stortford.</p>
<p>AARON Marty Elizabeth (Grosi)</p> <p>Marty Elizabeth Aaron passed away peacefully at Princess Alexandra Hospital on 17th January 2018 of a heart attack. The beloved wife and mother is survived by her husband, Don, her son Don Ian and her brother Fritz. Marty was born in Switzerland but it was in Harlow where she settled running a much respected children's playschool for many years. Marty was well known for her love of children, enormous kindness and wonderful Swiss cakes. The funeral service will be held at Parndon Wood Cemetery at 1:45 pm on Tuesday 20th February. All welcome. No flowers please. Any donations to the Pre-school Learning Alliance via Masterson Funeral Home, Station Road, Harlow CM17 0AS, 01279 626238</p> 		<p>SHARE A DECADE OF MEMORIES WITH YOUR FAMILY & FRIENDS</p>  <p>family-announcements.co.uk/essex</p>		<p>Sam HOPLEY</p> <p>Peacefully passed away on the 26th January 2018 Truly loved and greatly missed. The funeral service will be held on Tuesday 13th February at St Josephs R.C Church Bishops Stortford at 1.00pm. Family flowers only, donations to "St Clare hospice may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford or via web In Memory page www.drobinson.co.uk</p>	
<p>Winifred LAMBERT</p> <p>Passed away peacefully at Addenbrookes Hospital on 29th January aged 90 years.</p> <p>Much loved mother to Carole and Stephen, grandmother and great-grandmother. She will be sadly missed.</p> <p>Funeral to be held at Cam Valley Crematorium, Great Chesterford on Tuesday 13th February at 11.00am.</p> <p>Family flowers only, but if desired, donations can be made payable to Stanley Wilson Lodge Resident Amenities Fund c/o Peasgood & Skeates, Shire Hill, Saffron Walden, CB11 3AQ or via Win's In Memory Page at www.peasgoodandskeates.co.uk</p>		<p>Maria CIANCIOLA</p> <p>Passed away peacefully on 27th January 2018 aged 88 years.</p> <p>To our beloved mother Maria who will be greatly missed by her children Teresa, Rocky, Bruno & Jimmy and all the family.</p> <p>Funeral Mass will take place on Monday 12th February at St Josephs R C Church Bishops Stortford at 11.00am followed by a burial in the cemetery.</p> <p>Flowers or donations for Cancer Research UK may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford Herts CM23 3AL Tel 01279 655477</p>		<p>John PERHAM</p> <p>Sadly passed away on 13th January 2018, aged 64.</p> <p>He will be sadly missed by all members of his family.</p> <p>Funeral Service will take place on Tuesday 13th February 2018 at 10:00am at Parndon Wood Crematorium.</p> <p>Family flowers only. Donations, if desired, to St Clare Hospice.</p>	
<p>SHARE YOUR LOVING MEMORIES WITH FAMILY & FRIENDS ONLINE TODAY COMPLETELY FREE OF CHARGE</p>  <p>family-announcements.co.uk/essex</p>		<p>BERYL ESTELLE CLARK</p> <p>Peacefully at home, on 27th January 2018, aged 80 years. The beloved Mum to Kim, Toni, David and Bob, Mother in Law to Michael, Steve and Lorraine and a wonderful and loving Nan to her 6 Grandchildren and 7 Great Grandchildren. She will be sadly missed by all her family and Friends. Beryl's Funeral Service is to be held on Friday 16th February 2018 at Parndon Wood Crematorium at 1.45p.m. Family Flowers only please. Donations if desired to the William Syndrome Foundation. Cheques made payable to Charities Account. All enquiries and donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.</p> <p>MASTERSON FUNERAL HOME LTD</p>		<p>Jacqueline Teresa LANG JACKIE</p>  <p>Passed away Saturday 13th January 2018 Reunited with Ian, she will be greatly missed by all her friends</p> <p>All are welcome to attend Jackie's Funeral service to be held at Parndon Wood Crematorium on Friday 16th February 2018 at 4pm</p> <p>Flowers and or Donations for RSPCA should be sent c/o Daniel Robinson & Sons Wych Elm Harlow CM20 1QP Tel: 01279426990 or alternatively visit Jackie's In Memory Profile www.drobinson.co.uk</p>	
		<p>David Alan OSGOOD</p> <p>Passed away on the 4th January 2018.</p> <p>Funeral service is being arranged by Dunmow Co-op Funeral Directors 10 Jutland House, White Heart Way, Great Dunmow, CM6 1WX. Tel: 01371 875542</p>		<p>DOREEN POWELL</p> <p>Sadly passed away after a short illness on 24/01/2018 in her 93rd year.</p> <p>Doreen will be greatly missed by her loving family and many friends.</p> <p>Funeral service to be held at Parndon Wood Crematorium on Monday 19th February 2018 at 11.30am.</p> <p>Family flowers only. Donations to British Lung Foundation, International Glaucoma Association or National Autistic Society may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP Tel: 01279 426990 Alternatively, please visit the 'In Memory page' at www.drobinson.co.uk</p>	

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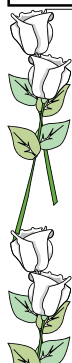
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Bereavements

Norman Charles PROCTOR

Died peacefully at The Moat House Care Home, Great Easton on Sunday 7th January aged 81. Formerly of Stansted Mountfitchet, he will be sadly missed by his beloved wife Joyce, children Tim, Chris & Michael and grandchildren Jack, Bethany, James and Charlotte.

A cremation will be held at Cam Valley Crematorium at 12.00 noon on Wednesday 14th February. Family flowers only, donations if desired to Alzheimer's Research UK c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford, CM23 3AL. Tel 01279 655477

**Alice Rosina PUDDEFOOT**

Sadly passed away on the 2nd February 2018, aged 95 years at Alexandra House.

Reunited with her beloved husband Bill. Sadly missed by her daughter-in-law, grandson, granddaughter and all family and friends.

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Dave ROOTSEY

Passed away peacefully on 1st February 2018 aged 65 years. Much loved partner of Anne.

Beloved son of Joan. Dad to Tommy and Elliott.

The funeral will take place at Parndon Wood Crematorium on Wednesday 14th February 2018 at 10am. Flowers may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Joyce Eileen SELL

Passed away peacefully on 21st January 2018. Age 81 years.

Much loved Mum to Steven and Nicola. Loving Nanny to Sophie, Lewis, Saira and Mother in Law to Keiko and Neil. She will be sadly missed.

Funeral is to be held on Tuesday 20th February 2018 at Parndon Wood Crematorium at 10.45am. Flowers welcome, or if desired donations can be made to The British Heart Foundation c/o Daniel Robinsons & Sons 79/81 South Street Bishop's Stortford CM23 3AL or via Joyce's In Memory Page at

www.drobinsons.co.uk

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Henry TAYLOR 'Harry'

Passed away peacefully on 31st January 2018 aged 93 years.

Much loved Dad to Harry, Terry and Sharon. Loved Grandad and Great Grandad.

The funeral service will take place at Parndon Wood Crematorium on

Wednesday 14th February at 3:15pm.

Flowers may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Search any announcement online or place a notice 24/7

family-announcements.co.uk/essex

Bereavements

Michael Harold TAYLOR

Anita Russell and Peter Taylor and their families regret to announce the death of their father Michael Taylor on January 18th 2018.

The funeral service will take place at St Mary's Church, Churchgate, Cheshunt, EN8 9NB at 3pm on February 12th 2018.

No flowers please. If you wish please make donations to The Isabel Hospice.

More than 3000 loving messages and photos are added every month on our site, you can leave your own tribute or add a picture today completely free of charge.

Thank you for the many good times we shared xxxx

Today, tomorrow, all my life, I will love and miss you mum x

family-announcements.co.uk

Beryl TRAYLER

Passed away peacefully, at home, surrounded by her family, on 27th January 2018 aged 83 years. Much loved Mum, Nan and Great Nan. The funeral service will take place at Parndon Wood Crematorium on Monday 12th February at 3:15pm.

Flowers may be sent c/o Daniel Robinson & Son's, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

George E. W. WRIGHT

Sadly passed away on 20th January 2018, aged 84. He will be greatly missed by family and friends.

Funeral service will be held at Parndon Wood Crematorium on Wednesday 14th February at 12.15pm.

Flowers, or donations to 'Dementia UK' may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990

Alternatively, please visit the 'In Memory page' at www.drobinson.co.uk

In Memoriam

DAWN BALL

13th February 2012

In loving memory of a dear Wife, Mother and Grandmother. Still greatly missed by all.

Terry and Family xxx

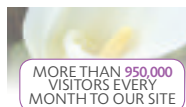
**ATWELL Zac John**

9th February

If tears could build a stairway, and memories a lane, I'd walk right up to heaven and bring you home again

All our love, Mum, Paul, Laela, Bailey, Kaiman, Talloulah and Hadley xx

ATWELL ZAC — Each and every day I love and miss you, Zac. You're always in my heart — Nan xx



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YOUR VIEWS

LETTERS

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Flooding in underpass still an issue

I HAVE recently complained to Harlow Council about the flooded underpass on Southern Way, between Bush Fair and Little Pynchons.

The underpass has now been flooded for over a week and impossible to use.

I was informed that this was a matter for Essex Council and that they had been informed, however, still nothing has been done to rectify the situation.

The underpass is essential to many residents in the area. There are parents with young children who either use it to get to the shops or to get their children to the nearby primary school, Pear Tree Mead. Elderly people also use it daily to get to the shops, not everybody likes to use the town centre. These people are now being forced to cross the very busy main road instead.

About a year ago a new mini roundabout replaced the traffic lights at the junction of Southern Way and Tawney's Road, I assume to free up the heavy traffic in the area. Isn't it

“

people are now being forced to cross the very busy main road

Steve Gardner

about time the welfare of pedestrians was addressed?
Steve Gardner
By email

Support is not enough for UTC

I WAS saddened to read your piece on the fate of Sir Charles Kao, UTC.

I was one of a number of local employers who participated in its introduction and believed it would give students an alternative option providing a pathway into engineering.

To read that there are only 59 students presently

attending is an indictment of the lack of support from local schools, companies and government. Considering the number of companies in Harlow it would seem that only Ratheon and Glaxo are putting any effort into the school. I also believe that Harlow College should have played a bigger part especially as it was their idea. Surely they would have been a better partner allowing the UTC to become a feeder school into Harlow college for STEM subjects. I would like to take this opportunity to thank Mr Mike McKeaveney (principal) for all his efforts and passion in getting the UTC up and running.

Mr Ray Hawkins
Pennymead, Harlow

Many thanks to the staff at PAH

I WOULD like to take this opportunity and thank staff at A&E and the Minor

Injuries Unit at PAH.

I had cause to attend the unit last Saturday after I cut my index finger badly on a glass that broke in my hand.

Everybody who dealt with me was friendly and my finger was treated with care and professionalism. Thank you so much for your help.
Margaret Briggs
By email

Compassion at a difficult time

THANK you to all the nursing team working in Lister Ward for the care and compassion shown for my wife, mother, grandmother, great grandmother Mary Hickey.

My wife spent several weeks on Lister Ward and during that time as a family we had the pleasure to meet a fantastic nursing team, catering team and cleaning team.

Everyone was professional in every aspect of their

working day, but your kindness and compassion shown to both my wife and family throughout the five weeks over Christmas was astounding.

The Lister Ward team supported our family at a difficult time and touched our hearts, a thank you can never be enough.

We had several visits from Father Leszek Gamracy from Our Lady of Fatima and St Thomas More, your genuine kindness warmed our hearts and we thank you.

James Hickey
Waltham Cross

Harry led many of us to Labour

I SAW in the Harlow Star the tribute to Harry Talbot.

I would like to pay my personal tribute to Harry and acknowledge the impact he had on my life and how he drew me into the Labour movement.

The first time I spoke to Harry we were riding home from work at Pitney Bowes.

He suggested that there was a need for a trade union in there to represent the workers. He took me to a meeting at a branch of the AEU (engineering union) of which I became a member.

Pitney Bowes had their own representative system which wasn't providing the necessary representation of the workers. Next we needed to get other workers at

Pitney Bowes in the AEU. Which we did. When we had a substantial amount of workers we approached Pitney Bowes for recognition and received a point blank refusal. One of our members had a problem with Pitney Bowes and he wanted to be represented by the AEU.

EMAIL YOUR PHOTOS TO US AT COMMUNITY@HERTSSESSEXNEWS.CO.UK



PHOTO
of the week

Night shot of Passmores, Harlow by Kristaps Abelnicks

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■ Email your pictures in JPEG format marked 'Your Views' Please add your name, where you're from and where you took the photo. We reserve the right to reuse pictures at our discretion.

After trying several times to hold a meeting with management and getting a negative response a meeting was called of all AEU members in the factory. It had been decided by the members that we would walk out if we didn't get a positive response by a certain date.

Which we didn't get and it led to, the well reported article by Harlow's local newspaper. Harry certainly was the mainstay of the strike. The strike also led to many of us getting actively involved in the Labour movement in the town.

Many years later I asked Harry to accompany me to the country and western club. At the club Harry in looking around for someone to dance with spotted two women, Janet and Rose.

He asked me to ask Janet to dance and that he would ask Rose. Which led to myself having a happy long-term relationship with Janet and Harry having a happy long-term relationship with Rose. Thank you Harry.

Dave Barham
By email

WEBCHAT

The hot topics our readers have been discussing on social media this week...

■ **THERE HAS BEEN A STAGGERING 276 PER CENT INCREASE IN ROUGH SLEEPING IN ESSEX OVER THE LAST SEVEN YEARS WITH SOUTHEAST ONE OF THE WORST IN THE COUNTRY**

Ellie Bryant Webb: And yet there are empty buildings everywhere. Look at prison block A & B in Harlow town. Sitting empty with lights on at night so it's not like the council cannot afford to let it out. If they can afford to keep the lights in they can afford to open the doors.

Lacey-Leigh Siggers: Do people realise there is lots of help for rough

sleepers in Harlow?

■ **MULTI-VEHICLE CRASH ON THE M11 SHUTS TWO LANES**

Marc Russel Warner: Is there something wrong the motorways, or are the drivers just getting dumber? Because this is happening almost every week now.

Patrick Anderson: M11 should be renamed crash alley almost daily blockages.

Pauline Quant: This motorway gets worse everyday!!!

■ **TESCO OFFERING SPECIAL 10P**

OFF PER LITRE OF FUEL - BUT THE DISCOUNT COMES AT A COST

Sarah Jennings: Sainsbury's deal is better. I got a voucher from Sainsbury's for 8p off a litre and all I had to do is spend £15 in store or online and their petrol is already 3p cheaper per litre than Tesco's.

■ **SUSPECTED DRINK DRIVER ARRESTED AFTER M11 MULTI-VEHICLE CRASH**

Gaynor Smith: Do people really need to be told of the dangers off drink driving - only idiots do it.

TALKING POINT

Ecological opportunity should not go to waste

THE BIG QUESTION:

What can we do locally to help reach the targets of the recently launched '25-year environment plan'?

GREEN PARTY



Hannah Clare

RECENT discussions on Harlow Council have centred around the tender process for our waste management.

While the tender process may have stalled, this will still need to be evaluated.

This is a perfect chance for our councillors to evaluate how we deal with our waste and whether we can provide more, or at the very least ensure the current levels of recycling are matched. With our current mixed recycling, the chances of cross contamination are higher than if they were separate but we are already far ahead of many councils who don't offer food waste recycling.

Outside of this process, we need to review how people know what they can recycle. This can be difficult to work out, with a large variance

between what is acceptable in some areas and what isn't.

The council has some resources on its website, but we could be looking at a greater public awareness – the promoted advertisements I get on Facebook from Recycle London when I'm at work during the day are a perfect example of showing individuals what to recycle and what not to. Just last week I saw an advert telling me not to recycle pizza boxes because they contaminate the recycling and I'd love a similar campaign to be replicated in Harlow.

Other councils are looking at going plastic free within their areas, which is something the Brighton Green Group have been championing on Brighton and Hove Council. In Bristol, schemes like refill Bristol allow local businesses to become water refilling points, ensuring a further reduction in plastic waste.

Outside of Harlow District Council, I'd love Essex County Council to put in further measures to improve public transport, something I campaigned on as a member of the Young Essex Assembly ten years ago. By making it easier for people to not drive, we can ensure clearer air. With 40,000 premature deaths attributed to air

pollution each year, and London schools planning to warn pupils of days with high pollution, action is desperately needed.

What can you do if you're not a councillor to put the above measures into place? I'm not a councillor either – but I am confident I can make enough changes to do my bit. You can take individual action to learn more about your recycling, reduce your car use and go plastic free. Local and individual action can certainly be effective in reducing the dramatic effects of climate change. But it shouldn't be seen as the only action we need to take.

There are just 100 companies responsible 71% of carbon emissions. For myself, I put a large focus on campaigning against these capitalist nightmare companies, alongside taking smaller actions. As members of the public we can be incredibly effective by lobbying these organisations to make them more environmentally friendly, while checking that they aren't just green washing. Whether it's lobbying with your wallet (boycotting products that aren't environmentally friendly) to signing petitions, the action you can take will make a difference.

The 25-year environment

plan will not be enough – especially as the conservative party continue to get into bed with huge corporations and still promote policies like fracking. But it's a start, and a start I welcome.

LABOUR



Danny Purton

CLEARLY the ambition of the 25-year environment plan of improving the environment in a generation and leaving it in a better state than we found it is to be welcomed.

The risks if we do not do so could not be more serious. But the Tory government's plan lacks specific proposals for immediate action. If Theresa May is really serious about tackling climate change, this cannot be a 25-year vision, it has to be a 25-year action plan which starts today.

For example if we wait

until 2042 to end plastic waste as her plan suggests, there will be more plastic than fish in the sea. And yet the only policy the government has announced to address the plastics waste crisis is to extend the 5p plastic bag charge to small shops. Why aren't we seeing an immediate proposal for a plastic bottle deposit scheme? In Germany when they introduced such a scheme, recycling rose by 98.5%.

We'd like to see more pressure applied to retailers to limit the amount of unnecessary packaging and advertising materials they produce which local authorities are largely

responsible for processing. With shrinking budgets this becomes a greater challenge for us. Bringing forward the date for ending avoidable plastic waste from 2042 would immediately increase the pressure on retailers.

In the meantime, funds for unavoidable recycling costs could be raised by a levy on disposable hot drink cups. Not only would a levy affect people's behaviour with more people taking reusable cups to shops, it would also raise money that could be reinvested in recycling and reprocessing. In the UK we use 2.5 billion plastic cups every year and most of these currently end up in landfill.

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YOUR PICTURES



Sparrow



All the pictures featured were taken from a viewing platform at Parndon Lock, Harlow, during the RSPB's Big Garden Birdwatch by Bishop's Stortford resident David Francis. This picture is of a chaffinch



Sparrow



Blackbird



Great tit

YOUR CHARITY NEWS

Vets will sponsor Winter Walkies event at hospice

**RSPCA
STORT
VALLEY**

23 THE STOW, HARLOW,
CM20 3AN
01279 306058
RSPCASTORTVALLEY@
NTLBUSINESS.COM
WWW.RSPCASTORT
VALLEY.ORG.UK

EPPING Forest-based veterinarians, Forest Vets, are helping their local hospice by sponsoring St Clare's dog-friendly fundraising event for the fifth year in a row.

Forest Vets, who have a veterinary hospital in Hemnall Street, Epping, and two other surgeries in Harlow and Woodford Bridge, are sponsoring St Clare Hospice's Winter Walkies event which takes place on Sunday, February 25, at the Hospice in Hastingwood.

Forest Vets first sponsored the 5k dog walk event back in 2014 and their support means that all monies raised at the event go directly to fund the care and support the hospice provides, for free, to people with life-limiting illnesses across West Essex and East Herts.

The 2017 Winter Walkies event raised over £5,000 and over 350 dog walkers and their four-legged friends took part in the 5k walk across the Essex countryside.

The fundraising team is hoping to better this amount at the 2018 event.

Debbie White, Forest Vets practice manager, has been leading the practice's fundraising efforts since she joined the surgery nine years ago.

Commenting on their



Debbie White, Forest Vets practice manager

support of St Clare Hospice, Debbie said: "At Forest Vets we help a lot of animal charities, like Guide Dogs

for the blind and Cat's Protection, as well as St Clare Hospice, and I think it is really good for

businesses to support their local charities.

I haven't personally needed the support of St Clare, but you just never know when you will need the help of a hospice.

I have known of many local people who have been cared for by St Clare, and as a local vets, it is really important to us to support our local charities that are making a difference in our community.

"The care St Clare Hospice provides is second to none, and I have been lucky enough to come and visit the hospice centre and to see the facilities.

The expansion of the care the hospice provides to people in the community, caring for people in their own homes, is absolutely amazing. It is so important that our local GPs and hospitals are aware of the services on offer from St Clare so that more people are referred and benefit from St Clare's first class care."

Commenting on Forest Vets' sponsorship of Winter Walkies, Debbie said: "Winter Walkies is practically tailor made for Forest Vets – being such a fantastic doggie event.

"I have attended Winter Walkies for the past four years and it's a lovely event – come rain or shine – with

some being warmer, or more muddy, than others.

"It is great to see the dogs out having fun, instead of coming into the vets feeling poorly.

"Every year you see dogs of all shapes and sizes – and some are even in fancy dress which is always entertaining. I will never forget a Chihuahua I saw dressed up in little booties.

"I will definitely be there again on the day – ready to see all the dogs and have a great day together."

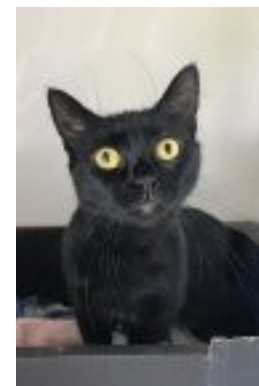
Winter Walkies is taking place on Sunday, February 25, at 11am at St Clare Hospice, Hastingwood Road, Hastingwood.

Registration costs £10 for adults and £5 for children, which includes a free soup, dog rosette and certificates for children.

This year's event is kindly sponsored by Epping-based vets, Forest Veterinary Centre.

Forest Vets provide treats for the dogs, chocolate bars for the walkers, as well as financial contribution to run the event – making sure that as much as possible is raised for the hospice itself.

For more information and to register, call Emma Broadbent on 01279 773754, email emma.broadbent@stclarehospice.org.uk or see www.stclarehospice.org.uk/event/winter-walkies



Pip

THIS little girl is Pip. She is one of the long-stay cats at The Stow.

Pip is around four years old and came into the care of The Stow when her owners' health meant they could no longer look after her.

Pip is a lovely cat who is used to living in an indoor home but is very curious about going outside.

She is a little shy at first but once she settles in she is a very loving young lady and will make a wonderful companion.



Harlow Stroke Support Group

Find out about stroke risk

IN Britain, someone has a stroke every five minutes.

Stroke is the biggest single cause of long-term disability and the third most common cause of death in the UK.

Following a stroke many survivors and their carers experience feelings of depression and isolation. They may also experience anger and frustration and concern about the future.

Harlow Stroke Support Group began offering support to stroke survivors and their carers in 1996. The charity provide information, advice and support to people in Harlow and surrounding areas.

The aim is to ensure that stroke survivors, their carers

and families can fulfil their potential following a stroke.

The charity provide a range of individual help and group-work support, they can also assist with applying for welfare benefits.

Harlow Stroke Support Group provide a range of group work support every week, including speech and communication, chair-based exercise, and two social and rehabilitation groups each week, one of which is for stroke survivors under 65 years of age.

In addition, the charity organise a programme of special events and outings.

Harlow Stroke Support Group are committed to ensuring that the stroke

prevention message is communicated as widely as possible.

The Harlow Stroke Support Group will be holding a 'stroke awareness and prevention' event on February 27, at Great Parndon Community Association; Abercrombie Way, between 12 noon and 3pm.

Why not join this special event, it will offer information on finding out about stroke risk factors and how these might be reduced, it will offer an opportunity to chat to representatives from other groups and a chance to meet other stroke survivors.

For more details, contact the charity on 01279 308313



Felix

Felix, who is around four years old, is a very friendly boy who enjoys human contact. He also loves to get outside to exploring his surrounding area.

YOUR EDUCATION NEWS

Pupils on a mission for greener and cleaner life

PASSMORES students are on a mission to create a cleaner and greener environment for all by stepping up the school's commitment to recycling.

The team of prefects promoting environmental awareness consists of five students: Connor, Ami, Luke, Matthew, and Ryan. All are dedicated advocates of good environmental practices.

Matthew said: "I think rubbish and the environment is a big problem, that's why I wanted to get involved."

Luke agreed, adding: "I want to help the community because it's upsetting to see rubbish everywhere."

The Recyclatron machine was unveiled at the school two years ago and keeps a tally of the recycling deposited in it, and there have always been recycling bins in all classrooms and around the school.

Now the team wants to ramp up the usage of these.

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To support with this, a group of 30 student volunteers have been tasked with helping to promote recycling within their own tutor groups.

From next month, the cause will be aided further with the introduction of compostable cups, cutlery and pasta pots.

With its innovative, state of the art building, Passmores is already ahead of the game when it comes to green initiatives.

The environmentally friendly bio-mass boiler, brown roof and solar panels conserve energy and are even used to demonstrate aspects of the science



curriculum to students.

Geography teacher and eco-warrior, Val Neagus said: "If we can get recycling back on the agenda it will not only reduce the number of waste bins, but will also decrease costs in getting rid of rubbish, as the school isn't charged for the collection of recycling."

"At the start of September, we were overflowing the general waste bins."

Now, in just one term, we've reduced waste in these by just under 20% and are filling up to 12 recycling skips each week."



Passmores students do their bit to make the environment cleaner and greener

Trisha tells journalism students about her life working in television

TV presenter Trisha Goddard paid a visit to Harlow College to talk to journalism and media students about her experiences in the industry and to share some nuggets of information, gleaned from a sparkling 30-year career.

"Television was always my passion so I started making little films and sent them to the BBC," Trisha said. "For two years I was runner-up in the Young Film Director of the Year Award but then, as my family couldn't afford to send me to university, I went to work as an air stewardess."

"I would write articles for the in-flight magazine, submitting them for free just to gain the experience. By the time I applied for a BBC cadetship I had already had

articles published."

During the talk, Trisha invited students in the audience to think of a person in the room they would like to say something nice to – even if they had never spoken to them before.

This was a lovely moment as students gave and received compliments, perfectly illustrating the power of communication and why it is key to a successful career in television and the media.

She said: "If you're a researcher, producer, presenter or anything in the industry, the best skill you can have is to listen and to actually hear. With any job in television you must develop the skills to be able



TV presenter Trisha Goddard with some of the students on her recent visit to Harlow College

to think in pictures because everything works like that in TV – it's a really powerful base to have."

Trisha also spoke about her other main passion, that of mental health issues. "When we were developing

the format for my TV show I told the producers early on that I didn't want to just get my guests on stage and then destroy them," she said.

"I wanted to explore and try to understand the mental health issues that made

them do and say the things they did. That's very important to me – I'm also an ambassador for the mental health charity Mind."

The talk wrapped up with a lively question and answer session from the audience.

"I enjoy the feedback from students," she said. "It keeps me connected with them and I hope I am either inspiring or encouraging the next generation of talented young people in the media industry."

App-y days are here as technology company's CEO pays visit to college



apple CEO Tim Cook with coders at Harlow College

HARLOW College was delighted to welcome Tim Cook, CEO of Apple, to meet staff and students to see how they are adding coding and app development to skills for their students in future careers.

Tim was there to celebrate the announcement that Harlow College is one of 70 colleges and universities across Europe to adopt

Everyone Can Code, a program designed by Apple to help everyone learn to build mobile apps using Swift, a programming language already used to create over 250,000 apps to date including Airbnb, TripAdvisor and Yelp. During the visit Tim joined a group of Level 2 IT students learning to code with Swift Playgrounds on iPad,

listening to their experiences of using the app for their learning and asking them about their aspirations.

He tweeted following his visit, on January 19, to say "thanks to students, teachers and staff @HarlowCollege outside London, one of the first in Europe to adopt Apple's App Development with Swift curriculum. Keep learning, keep coding!"

Nathan, 16 said: "I was really excited knowing that the CEO of Apple was coming to our class.

"I wanted to show him how much the Swift Playground app has helped in my learning."

Athena, 17 was equally excited: "Tim seemed very interested in how we were getting on using Swift Playground in our learning.

"I was impressed with how down to earth he was."

Karen Spencer, College Principal said: "At Harlow College, we recognise that learning to code will help students prepare for a technological future.

"It develops their approach to problem solving, logic and reasoning, as well as reinforcing key mathematical skills.

"Everyone Can Code demonstrates how any student can code by providing a unique and innovative environment for learning."

In November the College was awarded Apple Distinguished School status for its enterprising approach to transforming learning by instilling and developing digital confidence.



Putting lessons learnt in the classroom into practice on French trip

A REAL-LIFE lesson in French was given to students on a trip abroad.

Year 7 and 9 students from Burnt Mill Academy, in Harlow, spent two days putting their language skills to use in France.

Students visited markets in Lille and Arras, tried French food and took on a range of challenges, including speaking with shop owners and interviewing locals.

Teacher Guylaine Ganzhorn said: "The trip was about putting what they had learnt in the classroom into practice.

"For Year 7, it was about getting them engaged in the topic and to develop an

Year 7 and 9 students enjoying their French trip

interest and for Year 9 it was to support their GCSE course which involves a lot of culture.

"All of the students loved the visit. It was a brand new experience for them and, for many, the first trip without their parents.

"They were a bit nervous at first about speaking French, but they all gave it a go and were really enthusiastic and realised they could do it.

"Year 9, in particular, were really pleased as it proved to them they knew far more than they had realised.

"Trips like this really help students to understand what we talk about in lessons, having been there and experienced it for themselves."

YOUR COMMUNITY NEWS



Parkrun has helped to get more people active in the area
Photo: BRIAN THOMAS PHOTOGRAPHY

It's the taking part that counts in survey about physical activity

RESIDENTS and local sports clubs are being invited to give their views on sport and physical activity in the town to help improve participation levels.

Two surveys have been launched to gather views as part of the review of sport being carried out by Harlow

Council's scrutiny committee.

Recent findings show that Harlow has lower-than-average levels of physical activity and not enough people participate regularly in sport.

This exercise will help the council to gather data on

what stops people taking part in sport, which will inform the work of the Harlow Health and Wellbeing Partnership Board and its subgroups, along with Active Harlow, which form the community sport and physical activity network. This will help

towards addressing health and wellbeing inequalities and increase the number of residents who participate in sport or physical activity.

Both surveys can be completed anonymously and at the end of both there is the opportunity for you or your organisation to be

entered into a prize draw to win Decathlon gift cards. There are one £50 and two £25 gift cards per survey, courtesy of Decathlon and Harlow Council.

The surveys can be completed at:

Residents: <https://www.surveymonkey.co.uk/r/GDPK9SS>

GLLXFHW

Organisations: <https://www.surveymonkey.co.uk/r/GDPK9SS>

The deadline to complete surveys is Monday, February 19.

The winners of the gift cards will be notified before March 30.

DO YOU HAVE A LOCAL GROUP THAT YOU WOULD LIKE INCLUDED IN OUR LISTING?

- We would love to hear about it and include it in our weekly listing!
- You can tell us about your upcoming meetings, share the minutes from your previous meetings.
- We would love to hear about upcoming events, such as coffee mornings, jumble sales, charity fundraising and more.
- Please email the details to community@hertsessexnews.co.uk, remembering to add WHEN, WHERE and WHY.
- Between 50 and 100 words works perfectly.

Harlow

■ **JAZZ GIG:** Music at Marigolds tomorrow (Friday). Doors open at 7.30pm with Katie Bradley and the Chris Corcoran Trio.

At Harlow Cricket Club, Chippingfield, Old Harlow, Essex, CM17 0DJ. Tickets: £10 on the door. See www.musicatmarigolds.co.uk for more information or call 01279 421763.

■ **OPEN DAY:** Harlow Islamic Centre would like to invite people of all faiths and traditions to visit its mosque on Sunday, February 18, from 10am to 4pm.

■ SHAKESPEARE GROUP:

The Monday Shakespeare Group meets on Mondays at 10.30am, at the Women's Institute, Garden Terrace, Old Harlow CM 17 0AT.

For further information, please email Alan Blenden at a.blenden@talktalk.net

Roydon

■ **MARKET:** Roydon market will be held on Saturday from 10am to 2pm in the Village Hall CM19 5HH. Bread, cheese, eggs, chutneys, meat, cakes, pancakes, pasties and sausage rolls, clothes, jewellery, gifts, soft

furnishings, wood turning, crafts, cot blankets, Forever Living, cards and historical maps and photos will be there. Entry is free.

YOUR NEWS

■ We compile our Community News pages two weeks in advance of publication. If you'd like to include a future event please make sure you tell us in plenty of time so our readers can come along.

Support is growing for MP's bid to end hospital parking fees

ROBERT Halfon MP is calling on the Government to scrap hospital car parking charges

Major charities the RAC, and FairFuelUK are backing Mr Halfon's campaign to scrap car parking charges in NHS hospitals after research showed that 47 per cent of hospitals have increased their hourly parking charges despite government guidance in 2014 urging hospitals to cut parking fees.

Mr Halfon said: "Since 2013, I have been campaigning hard to scrap hospital car parking charges. These parking fees are a stealth tax on patients, on the vulnerable (including the elderly and disabled), on visitors, and on staff.

We say that he NHS is free, yet people with cars seem to have to pay.

Despite Government guidelines being introduced in 2014...

■ Forty-seven per cent of hospitals have increased hourly parking charges.

■ Almost half of hospitals offer no concessions for disabled drivers

■ Forty-nine per cent of trusts with a neonatal unit have increased their hourly or weekly parking rate – Bliss

■ Parents of children with cancer are spending up to £50 a week on hospital parking – CLIC Sargent

■ Nearly 60 per cent of hospitals in England are still charging cancer patients to park – Macmillan Cancer Support

■ 64 per cent of drivers named hospitals as the location in which they most disliked having to pay for parking – RAC

It is for these reasons that, following his parliamentary bill, Mr Halfon is pleased to have secured a debate on Thursday to scrap hospital parking charges. This is backed by MPs of all parties, including Emma Hardy, Frank Field, Lucy Allan, Sir Mike Penning, Martin Vickers, Jim Shannon and Edward Davey.

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They said: "WE hope that, if this motion is passed, the Health Secretary will take urgent action to end this injustice once and for all."

Clare Laxton, assistant director at CLIC Sargent, said: "We are fully behind Robert Halfon's Hospital Car Parking Charges Bill as we know the burden paying for hospital car parking, day in day out, can place on young people with cancer and their

families. A cancer diagnosis can cost young people and their families on average £600 per month in additional expenses.

"We support Robert in calling Government to end unfair hospital parking charges once and for all and ease the financial burden on families of young cancer patients."

MacMillan Cancer Support said: "The core principle of

the NHS is to provide free healthcare for all at the point of access.

"But sadly some cancer patients in England are paying extortionate hospital car parking charges in order to access treatment for a life-threatening illness.

Macmillan therefore supports Robert Halfon MP's hospital car parking charges campaign."

Howard Cox, chief

executive of Fair Fuel UK, said: "Hardworking taxpayers do not choose to become sick. Their families should not be punished for visiting their loved ones or attending critical medical appointments.

"FairFuelUK supporters, already the highest taxed motorists in the world, want hospital parking to be free or at a maximum of no more than £1."

A new spin on Discworld...

DISCWORLD is a comic fantasy book series written by Terry Pratchett, set on a flat disc balanced on the backs of four elephants that in turn stand on the back of a giant turtle, Great A'Tuin.

The books frequently parody or take inspiration from other famous authors, as well as mythology, folklore and fairytales.

Originally published in 1987, Mort is the fourth in the series and the first to focus on the character Death, who only appeared as a side character in the previous stories.

Adapted for the stage by Stephen Briggs, this tells the story of Mort, who has been selected as Death's apprentice. He gets board and lodging and free use of company horse. The trouble begins when instead of collecting the soul of a Princess, he kills her would-be assassin, and changes history.

Stephen Briggs' adaption is faithful to Pratchett's dialogue and he acts like a curator of the good bits, seeking to turn the comic brilliance of the writing into a stageable production.

Which is quite tricky bearing in mind the premise of a flat world and the multiple locations of the play.

Harlow Theatre Company is relishing the challenges of presenting this fast-moving, zany production and hope you will come and visit this crazy corner of Ankh Morpork and Discworld as it temporarily swims past The Victoria Hall Theatre from 7.30pm on Wednesday, February 21, to Saturday, February 24. Tickets are £13, Concessions £10.

www.ticketsource.co.uk/harlowtheatrecompany



Mort and Princess Keli prepare to battle the Real Reality

YOUR YESTERYEAR

Essex rocks: the world under our very feet



Pebbles piled up at Bull's Lodge, Boreham

THE ground beneath our feet here in Essex has a fascinating history that goes back millions of years, even before the age of the dinosaurs. So, let us explore the geology and pre-history timeline of our county.

Some 200 million years ago, before the time of the dinosaurs, Essex was a desert upland in the middle of one vast continent.

By 200 million years ago, Essex was "dinosaur island", a lush, forested tropical land and creatures such as ichthyosaurs and ammonites swam in the warm seas around the island. That island is now 300 metres beneath the surface of Essex. All trace of forests and animals have been swept away from the eroded surface of the island, so there are no dinosaur fossils under Essex.

By 100 million years ago, the sea had flooded right over Essex Island. It spread sand and then a very thick layer of pure white chalk containing billions of flints all over the island.

Then, some 60 million years ago, the North Atlantic Ocean began to open out to the west and the land of Essex lifted. The chalk hills were worn down and its flints were eroded out – many were tumbled on beaches to form thick pebble gravel layers.

Muddy rivers

A deep sea fed by slow, muddy rivers deposited thick London clay across the sea bed, together with the remains of many plants such as palms and cinnamon, and animals including birds, sharks, turtles, and tiny

horses.

New Atlantic volcanoes poured their ash into the London clay sea.

In the last 15 million years colliding continents have pushed up the Alpine mountain chain, bending the crust to form the vale of the Thames river system through mid Essex.

Gradual global cooling led to the present Ice Age, with regular warm periods such as the one we are in right now. The ancestral River Thames spread a succession of flinty river gravels across mid-Essex and out across the area where the North Sea is now. Pebbles in these gravels

originated as far away as Brittany, Wales and Cornwall. These gravel layers are part of an important industry in mid-Essex – they are quarried to provide us with sand and gravel for concrete, motorways and housing.

In the final one million years, there have been a dozen very cold periods within the Ice Age era. During this time woolly mammoths and sabre-toothed tigers roamed over the area, while humans lived in and around Essex, leaving masses of flint tools and tool-making debris on the banks of the ever-changing

Thames river. A kilometre-thick ice sheet covered most of Essex during a particularly icy stage 450,000 years ago, when the ice reached as far south as Hornchurch. It was this ice sheet that diverted the Thames towards its present-day course.

Snapshots

These are just snapshots of the geology of Essex. If you would like to find out more, Chelmsford Museum will be hosting a special "Essex Rocks!" event on Saturday, February 10, from 10am to 4pm. Here you'll be able to learn more about the

geology of Essex, encounter fossils, find out where the pebbles in your garden have come from and ask questions of the experts. The event is free and is presented by the Essex Rock and Mineral Society.

To discover more about the history of Chelmsford, visit www.chelmsford.gov.uk/museums. The diagrams are courtesy of Essex Rock & Mineral Society. Information used is from Ian and Ros Mercer, GeoEssex, Essex Rock and Mineral Society and Chelmsford Museums.

The photos are courtesy of Ian F. Mercer and Chelmsford Museums.

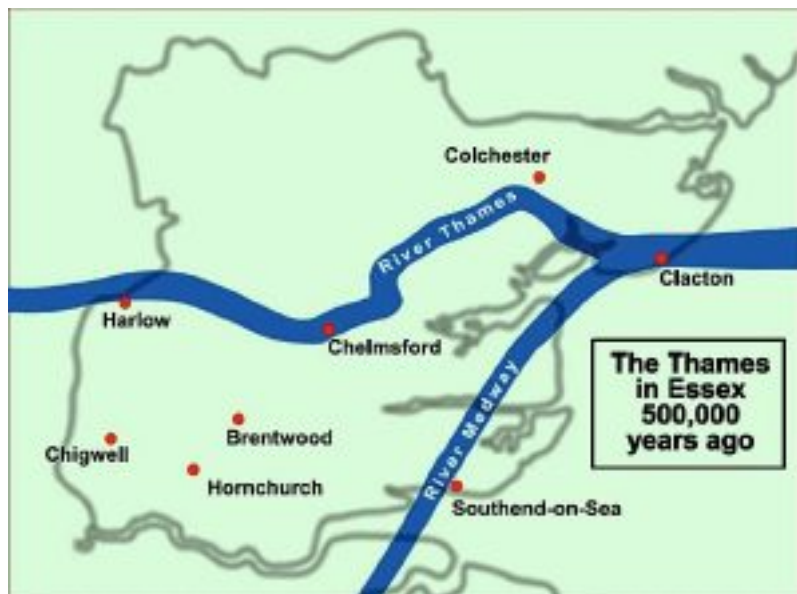


Diagram of River Thames 500,000 years ago

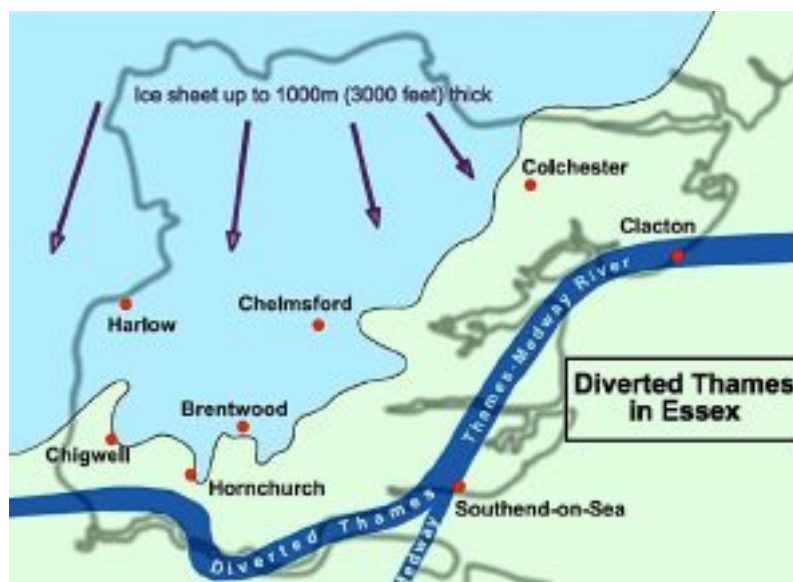


Diagram of the River Thames during the Ice Age



Detail of a Cornish pebble at Boreham

PAST TIMES

A RIGHT WORTH FIGHTING FOR

The first women won the right to vote in UK elections 100 years ago this week. **MARION McMULLEN** looks at their hard-earned battle to be heard

THE banners and sashes all carried the same message – “Votes For Women” – but it was a long struggle to achieve that aim.

Imprisonment, hunger strikes and force-feeding through plastic tubes were all part of the battle in the fight for the right of women to vote.

Suffragettes chained themselves to the railings of Downing Street, smashed windows and set post boxes on fire as they fought to make their voices heard. There was even one audacious attempt to attack the House Of Commons by airship during the opening of Parliament in 1909.

Emmeline Pankhurst founded the Women's Social And Political Union (WSPU) and groups like the Women's Freedom League followed.

The British political activist once said: “The argument of the broken window pane is the most valuable argument in modern politics.”

The campaigners faced overwhelming male opposition and were ridiculed in political cartoons and postcards as frustrated spinsters and figures of fun. Women were expected to stay at home and bring up their children and leave the world of politics to men.

One 1913 cartoon featured England's St George as the “Anti-Suffrage Knight” declaring: “Back, thou vote-snatching hussy, or I shall carve thee to the chine in defence of my exclusive right to defend thee from all maid-devouring dragons.”

New Zealand was the first country in the world to challenge the traditional viewpoint by giving women the vote in 1893. Finland



Founder of the Women's Social and Political Union Emmeline Pankhurst pictured in May 1914



Suffragettes, including Miss Muriel Matters, attempt to attack the House of Commons by airship at the Opening of Parliament in 1909



A woman being restrained by three policemen during the Suffragette disturbances outside Buckingham Palace in 1914



Suffragette Annie Kenney being arrested

became the first European country in 1906, but UK women faced a longer battle.

Their cause made headlines around the world in 1913 when Emily Davison was

fatally injured when she tried to stop King George V's horse Anmer on Derby Day to draw attention to the Women's Suffragette movement. She was trampled as she slipped under the rails of Epsom racecourse wearing a “Votes For Women” sash and suffered a fractured skull. She died of her injuries four days later.

The Daily Mirror reported the incident saying: “The horse struck the woman with its chest knocking her down among the flying hoofs and she was desperately injured ... blood running from her mouth and nose.”

Two years earlier she had hidden

herself in a cupboard in the House of Commons on census night.

The WSPU slogan “Deeds Not Words” was later engraved on her grave.

The outbreak of the First World War saw protests put on hold, but the Suffragettes were finally able to celebrate their own victory 100 years ago. They were granted the right to vote in general elections on February 6, 1918, by the Representation Of The People Act.

It gave the vote to women aged over 30 – so long as they owned property or were married to someone who did or were graduates voting in a university constituency.

It added 8.5 million women – 40%

of the total number of women in the UK – to the electoral roll and women were also allowed to stand as candidates when further legislation was passed later that year.

It was a momentous time for women. Russia, Austria, Germany, Poland, Latvia, Hungary, Estonia and Kyrgyzstan also gave women the vote the same year.

Scottish-born birth control pioneer Marie Stopes also created uproar in 1918 when she brought out her first two books – Married

Love and Wise Parenthood, which supported birth control and sex education for women.

The First World War also opened up new jobs for women outside the home and gave them the chance to learn new skills.

Those doing outdoor and factory work even ditched traditional female attire in favour of more practical trousers.

Emmeline Pankhurst's eldest daughter Christabel and 16 other women stood in the 1918 election.

She narrowly lost to the Labour Party candidate, but always said: “It is our duty to make this world a better place for women.”

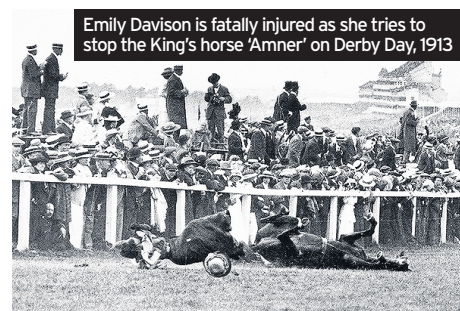
Only one woman, Countess Markievicz, was elected. However, she chose not to take up her seat in



Suffragette Lady Emmeline Pethick-Lawrence celebrates her release from prison in 1909



Suffragette women demonstrating with placards in English, French and German condemn the British government in 1908



Emily Davison is fatally injured as she tries to stop the King's horse 'Anmer' on Derby Day, 1913



A Suffragette housemaid in 1908

London because she stood for the Sinn Féin party.

Women had to wait another year until American-born Viscountess Nancy Astor was elected to Parliament as the Conservative MP for the Sutton district of Plymouth – a post she went on to hold until 1945.

Her husband previously represented the constituency until he inherited the title of Viscount Astor.

She was met off the train in London by a group of Suffragettes on her first day in Parliament and one of them happily gave her a badge saying this was a “new era.”

Nancy, a supporter of women's rights and also prison reform, said: “Women have got to make the world safe for men since men have made it so damned unsafe for women.”

SUFFRAGETTE SPIRIT

What was a suffragette?

BEFORE 1918, women had almost no role in British politics – they didn't even have the right to vote. A woman's role was domestic, encompassing little outside having children and taking care of the home. The suffragettes changed this.

The 19th century was an era of massive change. The Industrial Revolution and numerous reforms, including the abolition of slavery in 1833, saw society changed forever. Women did see some progress – in 1859 the first female doctor was registered, in 1878 women could graduate from university and in 1882 women were allowed to keep inherited property and wages. But they still couldn't vote.

Campaigns for women's rights, including the right to vote, started around the mid-19th century, after Mary Smith delivered the first women's suffrage petition to parliament in 1832. But it wasn't until 1897, when Millicent Fawcett founded the National Union of Women's Suffrage Societies, that the campaign for women's suffrage really gained momentum.

These campaigners were known as suffragists and they believed debate, petitions and peaceful protest were the keys to success. But they failed to get results, and many campaigners decided a more militant approach was required.

In 1903, Emmeline Pankhurst, and her two daughters Christabel and Sylvia, set up the Women's Political and Social Union in Manchester with its slogan 'deeds not words'. These women became known as suffragettes and soon made headlines up and down the country.

Suffragettes were a shock to Edwardian society. They interrupted political meetings, chained themselves to railings, yelled while waving banners emblazoned with 'VOTES FOR WOMEN', were regularly arrested, went on hunger strike, cut phone lines and one, Emily Davidson, even threw herself under a horse to get the suffragette message heard.

But the suffragettes' fight paid off. In 1918, the Representation of the People Act was passed, giving women over the age of 30, and who owned a certain amount of property, the right to vote. It would be a further 10 years until the vote was extended to all women, when the Equal Franchise Act was passed, but it was a major step in the right direction.

Putting Britain's women human rights defenders on the map

ONE hundred years ago, British women were given a voice. For the first time, many mothers, daughters and sisters could have a say in how their country was run.

Back then, suffragettes up and down the country would stop at almost nothing to get their voices heard in parliament. The struggle to win the vote was long and arduous, but in 1918 these brave women won.

Since then, women around the



TELEVISION AND RADIO PRESENTER ANGELLICA BELL EXPLAINS WHY WE BACK AMNESTY INTERNATIONAL'S SUFFRAGETTE SPIRIT CAMPAIGN

Angellica Bell
PICTURE: SNOOTYFOX

world have channelled the suffragette spirit to campaign for progress. They have stood up to racism, sexism, homophobia, corruption and much more.

Last century's suffragettes are today's women's human rights defenders. Every day they harness their passionate voices to empower communities and create a fairer world.

Amnesty International campaigns to help protect women's human rights defenders around the world. These brave campaigners often face surveillance, intimidation, threats, imprisonment and some even risk their lives. But you don't need to travel thousands of miles to meet women fighting for justice and equality.

In fact, there's probably a female human rights defender living at your doorstep.

This is why Amnesty and this newspaper wants readers to nominate the incredible women who are making a real difference in their local area.

Ordinary women from all walks of life – from students to shopkeepers, office workers to OAPs –

are doing extraordinary things.

They might have stood up to bullies, helped the homeless, aided refugees, worked to protect the environment or campaigned for better access to healthcare.

The list goes on.

Every time these women have spoken up, they've helped make life better for others – to ensure that you and I, as well as future generations, enjoy a fairer, more equal world.

The amazing achievements of these often-unsung heroes deserve to be celebrated, and Amnesty wants to put them on its Suffragette Spirit Map of Britain.

The interactive map, which will launch on International Women's Day (March 8), will be a symbol of the suffragette legacy – proudly displaying how far we have come in the past century, but highlighting how much life-changing work is still being carried out today.

So, over to you: Which 21st century suffragette deserves to be put firmly on the map?

This suffragette helped gain women the vote. Who are the women fighting for human rights today?



■ HOW TO NOMINATE: To nominate an amazing woman in your area, please visit www.amnesty.org.uk/suffragettespirit. All women must have carried out work to help others in their local area within the last 10 years. All successful nominees will be contacted to give consent prior to being placed on the Suffragette Spirit Map of Britain. This campaign has been funded by People's Postcode Lottery.

WHO IS MAKING HISTORY TODAY?

SUFFRAGETTE SPIRIT 1918-2018

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FOOD & DRINK

Find the joy in food

GREAT
POT-ENTIALLITTLE
CHOCOLATE
POTS**INGREDIENTS: (Serves 4)**

180ml any milk
140g dark (70-85%)
chocolate, broken into
squares
3tbsp maple syrup
1 egg
1tsp vanilla extract
To serve:
Sea salt flakes
1 handful of fresh raspber-
ries or cherries or a mixture

METHOD:

1. Gently heat the milk in a pan for about 45 seconds until hot all the way through.
2. Place 120g of the chocolate in a blender or food processor with the maple syrup, egg and vanilla extract.
3. Very carefully pour a quarter of the hot milk into the blender or food processor (or use a ladle, if you prefer) and blend until smooth, then repeat, adding a

quarter of the milk at a time, until all the milk is combined and the mixture is silky smooth. (You need to add the hot milk slowly so that it doesn't scramble the egg.)

4. Pour into four small ramekins or glasses and leave in the fridge for a minimum of one-and-a-half hours, or one hour in the freezer, to set.
5. When you're ready to serve, grate over the remaining dark chocolate or top with a sprinkling of sea salt flakes or a few fresh raspberries or cherries.

■ **Melissa says:** "These pots will keep, covered, in the fridge or freezer for a few days. If freezing, allow to defrost for 40 minutes before serving."

MELISSA HEMSLEY is quite probably the reason your kitchen contains a spiralizer. She and her elder sister, Jasmine, food caterers-turned-Vogue bloggers and cookbook writers Hemsley + Hemsley (*The Art Of Eating Well, Good + Simple*), pioneered the thing.

Now, London-based Melissa is branching out alone, with her debut solo recipe collection, *Eat Happy*.

"Every time I say it I have to do jazz hands," says the 32-year-old with a laugh.

What are her recipes trying to achieve?

THE crux of the book is to make cooking as simple and stress-free as possible. "What are people's main objections to cooking?" she considers. "It takes too long: OK, I can make it take 30 minutes."

She's also tackling mountains of washing up (only one pan), soggy leftovers for packed lunches, having to sort around (ingredients you can get in a corner shop) and getting more veg in "without putting on another pan to boil a bit of broccoli".

Ease aside, the book is underpinned by an acute awareness of food waste and its implications. "I grew up with an army dad and a Filipino-catholic mum; very, very thrifty and frugal, don't waste a single grain of rice, always be prepared for a war, that sort of mentality," Melissa explains.

Why is it important to factor in leftovers?

SHE reckons taking responsibility for wasting food is something we're more conscious of than ever. "You

ELLA WALKER TALKS TO FOOD WRITER MELISSA HEMSLEY ABOUT BORROWING HER MUM'S RECIPES AND TAKING THE PRESSURE AND GUILT FROM COOKING

feel awful doing it. On the positive side, you feel amazing using stuff up. It's really satisfying."

She's always looking for nifty ways to transform leftovers into dishes that are as "special" as their original incarnation.

"Say you have leftover sweet potato wedges or roast squash, you



Melissa Hemsley wants us to enjoy the best ingredients when we can – but stop feeling guilty about what we eat

You can't beat sharing family recipes

THERE are, she says, still "lots of nods to Jas and my mum" in the book though. "I'm eking out, recipe by recipe, book by book, my mum's secret Filipino recipes. She's very proud when we reference her, but I've got to say, getting a recipe from my mum is the hardest, because she changes it every time she makes a dish."

Why do we need to ease up on ourselves in the kitchen?

MELISSA is utterly opposed to the current culture of guilt around food. "We don't always have to have Instagrammable food, we don't always get our nine portions of fruit and veg and it's important not to feel guilty about it."

Hence she'll happily post truthfully captioned pictures to Instagram: "I'll say, 'Before you notice, that bit is burnt', or, 'I overcooked my yolk there.'"

She doesn't agree with cutting out food groups and depriving yourself, either. "I'm not a big fan of extremes," she says. "I love a positive goal and things that make me feel happy – like, 'Clear that cupboard out', but I don't say, 'I'm going to change everything about myself.'"

Instead of going on a crash diet, or bullying yourself into a month without alcohol or meat, she says, why not make an effort to fill up your freezer with home-cooked meals once a month instead? Use your ingredients in a different way, or buy less to begin with and meal-plan – "and then go spend that money you've saved on a dress – that's what I'd do!"

■ **Eat Happy: 30-minute Feelgood Food** by Melissa Hemsley, photography by Issy Croker, is published by Ebury Press, priced £20.

THIS year Valentine's Day falls on a wet, cold Wednesday so you have every excuse to turn #WineWednesday into a special occasion. Also, there's nothing worse than a wet, cold Thursday with the silent treatment if you've forgotten Valentine's Day. This is your gentle reminder.

Fizz is the way to celebrate and, if it's pink, even better.

VALENTINE PINKS UNDER £10

Chateau De Champeloupe Crémant De Loire Rosé (£7.99, Aldi, 12% abv) A new release from Aldi just in time for Valentine's Day. Crémant is a brilliant alternative to champagne; several French regions use their local grape varieties to make crémant in the same traditional

RAISE A GLASS

WITH JANE CLARE



way as its famous cousin. This is a pretty fizz, soft with subtle fruit notes of red fruits and dried strawberries.

Borgo Molino Rose Spumante Extra Dry (£9.99, the Co-op 11% abv) Light, refreshing flavours of strawberry and raspberry, with a hint of vanilla and velvety smooth bubbles (but neither linger long on the palate). The clear glass bottle, prettily presented in



gift-wrapping, is helpfully labelled 'pink' so even the colour-blind can enjoy a co-ordinated Valentine's Day.

SPECIAL SPARKLING PINKS OVER £20

Akarua Brut Rosé Central Otago (Oz Wines, £22.99, 13% abv) What can I say, but this is a wow. As I write I'm three days into a visit to New Zealand and next week I'll be in the home of this sparkling wine; Central Otago. It is made from hand-picked chardonnay and pinot noir grapes and blended with reserve wine which has been aged in French oak. It has notes of fresh and dried strawberries, a touch of creaminess and a delightful balance. Delicious.

For a super-classy sparkling pink fizz how about one from England? **Hush Heath Balfour Kent Brut Rosé 2013** (£35.99, Waitrose) A blend of the classic grapes are used in champagne – chardonnay, pinot noir and pinot meunier. The grapes for this sparkler are grown in Kent in the shadow of a Tudor manor. It has aromas of rosehip, a whisper of strawberry and a peep of apple. Mouth-watering and elegant with a hint of stone fruit.

PS... a sparkler with love at its heart is the perfectly-named **I Heart Prosecco** (£7.99, reduced from £8.99 at Bargain Booze until February 26, 11% abv) which has acacia flower aromas and subtle apple and peach flavours.



ALSO in my glass... If gin is your thing to share with a loved one then how about making Cupid's Kiss, a gin cocktail recipe using Gin Lane 1751 Victoria Pink Gin (RRP £20 for 70cl, in Aldi, Selfridges and Amazon, 40% abv). The gin is blended with bitters in a style created by the Royal Navy – to cure sea-sickness.

To make the cocktail, muddle some strawberries in a cocktail shaker and add two parts Gin Lane 1751 "Victoria" Pink Gin and one part Cointreau. Fill the shaker with ice and shake. Strain into an ice-filled highball glass, top with tonic water to taste and garnish with a strawberry.

■ **JANE** is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.

INGREDIENTS: (Serves 4)

1tsp coconut oil or ghee
8 mackerel fillets (total 700g)
Sea salt and black pepper
For the Filipino-style tamarind sauce: 3tbsp tamarind paste
1tsp chilli flakes (or to taste)
1tbsp maple syrup
2tbsp tamar (or soy sauce will do)
Juice of 1 lime
For the greens:
1½tbsp coconut oil or ghee
4 spring onions, sliced (green parts saved to garnish)
3 garlic cloves, finely chopped
3cm piece of ginger, finely chopped
1 head of broccoli (about 300g), cut into small florets
250g green beans, trimmed
250g sugar snap peas or mangetout, chopped
To serve: 1 large handful of mixed fresh herbs (such as coriander, basil or mint), finely chopped
1 large handful of cashews, toasted and roughly chopped

METHOD:
1. Preheat the grill to high. Add the oil to a baking tray and pop under the grill for a few minutes to melt.
2. Whisk the sauce ingredients in a bowl and set aside. Toast the nuts in a dry pan and then set aside.
3. **For the greens:** Melt the one-and-a-half tablespoons of oil in the pan, add the white parts of the spring onions, garlic and ginger and fry over a medium heat for 30 seconds.
4. Tip in all the green vegetables and stir-fry for five minutes until just tender. Add a splash of water if the greens are getting too dry and sticking to the pan.



FISH DISH

**GRILLED MACKEREL
WITH TAMARIND
GINGER GREENS**

5. Meanwhile, place the mackerel fillets on the greased baking tray, skin side up, season with salt and pepper then grill for four to five minutes until just cooked through.
6. When the greens are just tender, pour in the tamarind sauce and stir in. Increase the heat and simmer for about 30 seconds to heat through. Taste for seasoning, adding a little more tamar if you'd like it to be saltier.
7. Serve the greens with the fish, scattered with the green parts of the spring onions and the fresh herbs and toasted nuts.

INGREDIENTS: (SERVES 4)

3tbsp chopped or flaked almonds
1½tbsp butter or ghee
1 large onion, finely chopped
1 large red or orange pepper, deseeded and chopped
3 garlic cloves, finely chopped
2tsp ground cumin
2tsp smoked paprika
¼tsp cayenne pepper
1 large handful of fresh parsley, stalks finely chopped and leaves roughly chopped
1tbsp tomato puree
2 x 400g tins of chopped tomatoes
2 x 400g tins of chickpeas, drained and rinsed
100ml stock or water (optional)
250g spinach
1tbsp lemon juice
Sea salt and black pepper
Extra-virgin olive oil, to serve

METHOD:

1. In a large, deep frying pan, toast the almonds over a medium heat for just under a minute until golden, then set aside. Melt the butter in the



FANTASTIC FILLER

**SPANISH
CHICKPEA AND
ALMOND STEW**

hot pan, add the onion and pepper and fry for six minutes until starting to soften.
2. Add the garlic, spices and parsley stalks and fry for one minute, stirring constantly to prevent them from burning, then add the tomato puree and cook for another 30 seconds.
3. Tip the tinned tomatoes into the pan, turn up the heat

to a medium simmer and cook for 15 minutes, uncovered, to thicken and reduce. Add the chickpeas and cook for another three minutes with a lid on. If you want the stew to be more soup-like, add the stock.
4. Turn up the heat, drop in the spinach and cook for one minute, covered with the lid, then add the lemon juice and season with salt and pepper.
5. Serve each bowl with a good drizzle of olive oil and with the parsley leaves and toasted almonds scattered over.

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HEALTH & LIFESTYLE

13 ways to jump-start your diet

Has your January weight loss come to a halt?
CAROLINE JONES might have the answer

FORGET the feeling of falling off the diet wagon, recent research shows a break from slimming can actually reboot your metabolism so you start losing weight again. Here's how to beat the dreaded diet plateau...

1 TAKE A BREAK

YOU'VE been faithfully following your diet, but after a great start the weight's stopped coming off? This effect, known as the diet plateau, is a common problem.

However, a study carried out at the University of Tasmania has found that taking regular two-week breaks from dieting can outsmart it.

The researchers were investigating the 'famine reaction' which occurs when the body responds to losing a large amount of weight by hanging on to fat, believing food is becoming scarce.

For dieters this evolutionary survival mechanism has the knock-on effect of stalling weight loss.

The study found those who dieted for two weeks then had two weeks off over a 16-week period were more likely to lose weight than those who continuously cut down.

2 UNDERSTAND HOW WEIGHT LOSS WORKS

THE reason most people lose weight very quickly during the first few weeks of a diet is that a lot of what is lost is water. Once your body has shifted this excess fluid, it's normal for your rate of weight loss to slow significantly. Check your progress and ask yourself whether the pounds have really stopped dropping or just eased up. Experts agree that a sensible rate for safe, lasting weight loss is one to two pounds per week.

3 TAKE A WEEKLY SELFIE

LAST year, a study by the University of Alicante in Spain found that creating a photo diary was an extremely effective tool when it came to shedding pounds.

More than 80% of dieters taking full-length selfies each week as a record of their changing shape managed to reduce their waist size significantly. The researchers believe the body snaps motivated the slimmers because they could clearly see the results of their dieting.

4 READJUST YOUR CALORIE INTAKE

AS you lose weight, your metabolism can slow because your body requires fewer calories to fuel the smaller-sized you," says nutritionist Linda Foster.

"Therefore, the calorie intake that you initially had when you began your weight-loss journey will need to be adjusted to match your body's current needs," she explains.

Try an online Basal Metabolic Rate (BMR) calculator, such as dietplan.co.uk/Tools/BMRChecker, which takes your height, weight, age and activity levels into account

Knowing the correct portion sizes and taking regular selfies, right, can help keep you on track



to work out the daily number of calories you would need to consume to maintain your new lower weight.

Then reduce that figure by around 500 calories to keep losing weight.

5 OR TRY EATING MORE!

WHILE it's true you need to create a deficit between calories in and calories out to shed weight, cut your intake too much on an extreme diet and it'll have the opposite effect. "If your calorie intake is too low or you get too hungry, you start to lose metabolism-boosting muscle as well as fat," explains Linda.

"To lose weight while preserving this important muscle, you might actually need to increase calories."

The trick is the right foods. Linda recommends filling up on lean protein such as chicken or fish, whole

grains, fruits, veggies, nuts and avocados.

6 PRIORITISE YOUR SLEEP

A FULL night's sleep is vital for shifting body fat because it resets the hormones that control metabolism. Even a couple of nights of sleep deprivation can lead to increased levels of the stress hormone cortisol, which encourages the body to overeat.

7 START MEASURING PORTIONS

IN the days of super-sizing everything it's easy to forget what a sensible portion of food looks like. But eating too much, even of healthy foods, will soon sabotage weight loss.

Give yourself a serving-size refresher course. Luckily your hand provides an easy way to visualise a sensible portion:

■ Pasta, potatoes and rice:
A fist-sized portion

■ Protein (meat/fish):

Palm-sized

■ High-fat foods (e.g. cheese):

A thumb-sized portion

■ Fruit and veg:

Two to three handfuls

8 EGGS FOR BREAKFAST

RESearch shows choosing eggs first thing keeps you feeling fuller than cereals, making you less likely to snack.

9 PASS ON THE SALT

THE scales might have stopped tipping in your favour because your body is retaining too much water. And the most common trigger for this is consuming an excess of salt. Water clings to salt like a magnet, so the more you eat, the more your body hangs onto it.

10 EAT MORE PROTEIN

PROTEIN contains an amino acid, leucine, that many studies have identified as a potent

It's common for dieters to hit a weight plateau after initially shedding the pounds quickly. Small changes can help you overcome this to reach your goal

trigger for burning body fat. So, if you've been following a diet full of lots of fruit and veg, you may need to add in more protein to kickstart that weight loss again.

Aim for a serving every few hours, because even though protein-rich foods such as eggs, nuts and meat contain more calories than an apple or salad, research shows they keep you full longer and therefore lower your overall calorie intake for the day.

11 EAT SOME ALMONDS BEFORE YOU TAKE YOUR EXERCISE

ALMONDS are rich in the amino acid L-arginine, which can actually help you burn more calories during workouts, accelerating weight loss, according to a report in the Journal of the International Society of Sports Nutrition.

12 REMEMBER BOOZE CALORIES COUNT AS WELL

STICKING religiously to your meal plans but the weight's not shifting? Many dieters forget to factor in alcohol – yet a glass of wine (175ml) contains 130 calories and a pint of beer adds 215 calories to your daily intake.

“Even though protein-rich foods such as eggs, nuts and meat contain more calories than salad... they keep you full longer and lower your overall calorie intake for the day.”





A good night's sleep can boost your metabolism



13 RETHINK YOUR GOAL WEIGHT

"IT'S entirely possible your weight loss has slowed because you've reached your 'happy weight,'" says nutritionist Linda. "This is the weight your body is most comfortable at – and if you try to achieve a much lower weight, it will work against you."

How do you know you've reached your happy weight? Linda suggests checking in with your GP – if they agree you're at a sensible weight for your height and frame, perhaps it's time to stop worrying about the scales so much.

HUMANS are born with an innate drive to learn new skills. Milestones in our early years include learning to crawl, walk and talk. We don't just suddenly have these abilities, rather we master them, bit by bit, as we learn from our mistakes and cultivate our skills.

The ability to master new skills never leaves us and in fact is hugely important if we are to thrive as adults. However, it's easy to lose touch with that desire to learn, to challenge ourselves and achieve new goals.

Developing competence – or mastery, as it's known in the psychology world – is a core component of psychological treatments for a range of mental health problems. There are good reasons for this as research has shown that building mastery is associated with increased happiness, self-confidence and resilience.

You can build mastery by regularly doing any activity that gives you a sense of competence, achievement or control. It could be learning a new skill, tackling jobs that you have been putting off or pushing yourself to do something outside of your comfort zone.



MIND OVER MATTER
WITH DR ELLIE MILBY



Mastering a new skill, such as cooking, will boost self-esteem

Boost your confidence by building your competence

When deciding what to turn your efforts to, it's important to follow these simple steps so you don't inadvertently set yourself up for failure.

First, set a goal that is both difficult but possible. Pick something too easy and you won't feel like you've accomplished anything. Pick something too hard and you'll likely fail to reach your target.

Let's say I want to build mastery by learning new skills in cooking and preparing fresh, homecooked meals for my family. A goal that's too easy would be researching recipes on the internet, while a goal that's too hard would be preparing a five-course banquet the next day.

A goal that fits the "difficult but possible" category would be finding a recipe online, picking up fresh ingredients on my way home and preparing a meal from scratch.

The next step is to gradually increase the difficulty level of the goals you set yourself. Once you stop pushing yourself, you'll no longer get the surge of pride and wellbeing that mastering new skills brings.

Finally, to help give yourself the best possible chance of success, make contingency plans. Consider the potential barriers that could get in the way of achieving your goals and plan out how you will overcome these obstacles in advance.

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MOKKA X

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Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	CASH PRICE	AMOUNT OF CREDIT	FEES	GUARANTEED MINIMUM FUTURE VALUE
£999**	£219	£19,332	£15,333	NIL	£6,888
FINANCE DEPOSIT ALLOWANCE	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£3,000*	£21,180	5,000*	48 MONTHS	4.12%	4.2%

GRANDLAND X

1.2T SE 5DR



Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	CASH PRICE	AMOUNT OF CREDIT	FEES	GUARANTEED MINIMUM FUTURE VALUE
£999**	£249	£20,867	£18,668	NIL	£9,286
FINANCE DEPOSIT ALLOWANCE	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£1,200*	£23,187	5,000*	48 MONTHS	4.12%	4.2%

CROSSLAND X

1.2i SE 5DR



Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	CASH PRICE	AMOUNT OF CREDIT	FEES	GUARANTEED MINIMUM FUTURE VALUE
£999**	£199	£15,301	£13,802	NIL	£6,104
FINANCE DEPOSIT ALLOWANCE	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£500*	£16,956	5,000*	48 MONTHS	4.12%	4.2%

ADAM

1.2i ENERGISED 3DR



Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	CASH PRICE	AMOUNT OF CREDIT	FEES	GUARANTEED MINIMUM FUTURE VALUE
£999**	£179	£14,043	£11,444	NIL	£4,346
FINANCE DEPOSIT ALLOWANCE	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£1,600*	£15,358	5,000*	48 MONTHS	4.12%	4.2%

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PUZZLE TIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Female tennis players

S A W S V I O R I G F M A R G
E N I M A C T I F R A R U O A
R E L L I N E A F S C T S C R
N O G E A K R A E T I R A T E
G L A V O N A Z K O V A R A P
N I L O O N J A N R R E A V O
A L L I G E A N E A N S H A S
B I J E K I J E L M I A A M A
N A E A N N G L I A R I N T O
A N I H E N I O T A A N T S S
I V N E I N T V A R N I H A U
N A C V G I S U J V A T R M R
O V I I R A W V I T O M A O N
O S R A A L A K T E V A E S I
N B O R U E D A R P S E L A C

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

L	P	Y	A	S	T	Z	O	T
W				W				I
S	R	A	W	N	I	N	G	S
E	F			E	N		H	L
S	R	E	W	S	D	E	G	T

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

		9	4		3	8		
		7		6				5 3
8		3	5				7	
		7		8			9	6
2	3						8	5
	1	8		2				4
		5			3			6
7	2		1		4		3	
		1	2			4	9	

Hard

						5		
			2	8			3	
1	6				4			
	1					2	7	3
7			1		9			5
4	3	8					1	
			6				2	4
	9			7	3			
		5						

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

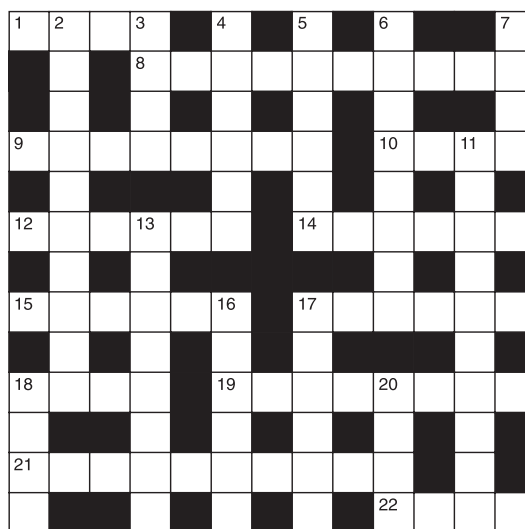
Cryptic

Across

1. A fiery mount (4)
8. Expert teacher, now retired (4,6)
9. Signals from disorder a long time later (8)
10. Some theories Pythagoras had to observe (4)
12. They have no settled occupation (6)
14. A doctor is above a cattleman (6)
15. Obscure form of lament (6)
17. It is bound to become a trading record (6)
18. A leading performer will shine, naturally (4)
19. Reasonable way to censure (8)
21. Flirts and is captivated by her lips perhaps! (10)
22. They may instruct in nursery schools (4)

Down

2. Don't join in the play reading? (4,2,4)
3. Copies in the cheapest materials (4)
4. In America wise practices (6)
5. Am accustomed to being entertained (6)
6. New radio set of astronomical importance (8)
7. Old city conservative showing a change of heart? (4)
11. Up-to-date description of Christmas? (7-3)
13. Having no followers, nevertheless (5,3)
16. I hesitate to claim such valuable fur (6)
17. Run from a builder's yard (6)
18. The fools pop up on board (4)
20. Don't work for the others (4)



Scribble pad

Quick

Across

1. Sicilian volcano (4)
8. Experienced person (4,6)
9. Communications (8)
10. Detect (4)
12. Wanderers (6)
14. Cattle herder (6)
15. Covering (6)
17. Transaction record book (6)
18. Celebrity (4)
19. Average (8)
21. Flirts (10)
22. Playthings (4)

Down

2. Have no involvement (4,2,4)
3. Primates (4)
4. Employments (6)
5. Entertained (6)
6. Celestial body (8)
7. Ancient city (4)
11. Current (7-3)
13. When everything is considered (5,3)
16. Stoat (6)
17. Set of steps (6)
18. Weakens (4)
20. Repose (4)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

3	18	18	4		3	17	10	10	6	12	23	10
17		2				19			19		23	19
26		13	17	21	4	18	1	15		11		26
13	4	9				2			3	17	21	18
15		7		5	9	11	8			14		6
	24	18	4	9		25		3	17	12	11	15
				24		18		19				
12	26	14	17	18		20		26	19	7	8	
23		17			14	17	6	14		21		16
3	18	4	8			18			19	5	9	O
17		18		11	19	4	19	22	19	23		4
4		19		9			7			24		7
15	9		17	23	10	12	7	25		16	19	23

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	R	5	6	7	8	9	10	11	12	13
14	15	16	17		18	19	20	21	22	23	24	25	26

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average; 25 words - good; 35 words - very good; 40 or more - excellent.

D	R	D
P	C	T
E	E	I

Quiz

1. What is the title of the fourth single Taylor Swift released from her upcoming album Reputation?
2. Which beheading device was used extensively in the French Revolution?
3. What country did the Rottweiler come from originally?
4. Who wrote Far from the Madding Crowd?
5. The disease scurvy is caused by a deficiency of which vitamin?



Q1 - Taylor Swift

6. What name was given to the outer garment worn by male citizens of ancient Rome?
7. Which Swiss ski resort is famous for the Cresta Run?
8. What sort of creature is a screamer?
9. Which actress played Scarlett O'Hara in the 1939 film Gone with the Wind?
10. What name is given to a pottery jug or mug shaped like a stout man in 18th-century dress?

LAST WEEK'S SOLUTIONS

Pathfinder

The Witches, Revolting Rhymes, Fantastic Mr Fox, Esio Trot, George's Marvellous Medicine, The Gremlins, Charlie and the Chocolate Factory, Dirty Beasts, The Twits, My Uncle Oswald, The Magic Finger, Going Solo, James and the Giant Peach, Rhyme Time, Kiss Kiss, The Enormous Crocodile.

Quiz

1. Carry Fire; 2. Zero degrees; 3. Plaid Cymru; 4. Tokyo; 5. Franz Lehar; 6. Platinum; 7. Washington; 8. Bruce Lee; 9. Plankton; 10. Lemon.

Two-Speed Crossword

Across: 7 Hour; 8 Animate; 9 Marconi; 10 Scrub; 12 Forge ahead; 15 Ringleader; 18 Write; 19 Redpoll; 21 Matelet; 22 Threw.
Down: 1 Thumbscrew 2 Quire; 3 Lido; 4 Facing; 5 Misshape; 6 Carried; 11 Bedfellows; 13 Oil wells; 14 Anoints 16 Aerate; 17 Board; 20 Date.

Wordsquare

IDEALISED

Sudoku

8	6	5	3	4	9	1	2	7
4	3	9	2	7	1	8	5	6
2	7	1	6	5	8	9	4	3
7	1	6	5	9	4	2	3	8
3	8	4	7	1	2	5	6	9
9	5	2	8	6	3	4	7	1
6	2	7	9	8	5	3	1	4
5	4	8	1	3	6	7	9	2
1	9	3	4	2	7	6	8	5

Split Decision

T	I	D	A	L
O		R		I
P	L	A	I	N
I		M		E
C	H	A	I	N

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
Q	G	D	S	J	W	B	O	X	K	N	E	M
14	15	16	17	18	19	20	21	22	23	24	25	26
U	Y	I	T	L	R	A	Z	C	H	F	V	P

THURSDAY, FEBRUARY 8, 2018 HERTFORDSHIREMERCURY.CO.UK/PROPERTY

PROPERTY & LIVING

LOVE IS IN THE AIR

Add romance to
your rooms to get
in the mood for
Valentine's Day
PAGES 38&39



THE PERFECT PACKAGE



The Caudles is a four bedroom detached period property which was formally the sub post office and village store dating back to C1894 and is located in the popular area of Cock Green, on Kingsmoor Road.
PAGES 36&37

HOT HOUSE



FIRST CLASS LIVING AT OLD POST OFFICE



A little piece of Harlow history could be yours at this extensively updated home for £600,000.

The Caudles was formally the sub post office and village store in Cock Green and dates back to 1894. Since then it has been extensively renovated and is now a four bedroom detached property available to buy. It offers plenty of living space with its large kitchen/breakfast room, dining room and spacious lounge. There is also a large games / cinema room which has the potential to be used as an annexe as it has its own private courtyard garden. The kitchen has an integrated fridge and freezer and space for a dishwasher.

There is a Range-style cooker with an extractor hood and an under-stairs larder.

Natural light fills the adjoining breakfast room from a lantern-style skylight. Both areas have real wood flooring – as does the entrance hallway.

Elsewhere downstairs there is a bathroom with bath, shower, handwash basin and underfloor heating. The nearby utility room has spaces for a washing machine, freezer and tumble dryer.

The lounge has double-glazed French doors to the garden. There is a feature fireplace and under-stairs storage.

Upstairs there are four bedrooms – one of which has fitted wardrobes. The master bedroom benefits from an



SELLING POINTS

Address... Kingsmoor Road, Cock Green

USP... Four bedroom detached house,
double garage with large drive, secluded
rear court yard, large kitchen with roof
lantern, cinema room/potential annexe,
EPC Band D

Price... £600,000

Agent... Intercounty, Harlow
On 01279 639666

en-suite shower
room with toilet,
hand basin and
underfloor
heating.

The family
bathroom has a
bath with shower
attachment, toilet
handwash basin and
heated towel rail.

There are two
gardens to the property.
The first and main garden is
to the side of the house and has
a good size patio area with the
remainder laid to lawn. The courtyard
garden is to the rear of the kitchen and
consists of a patio with raised brick flower
borders.

The double garage is of a good size and
has parking space for at least three vehicles.
Power leads into the building and its loft
area offers ample storage.

The house is being marketed by
Intercounty in Station Road, Harlow. Call
them on 01279 949054 or click here.



YOUR HOME

Home really is where the heart is, with **GABRIELLE FAGAN'S** top picks for romantic rooms ahead of Valentine's Day on February 14



Chablis & Roses pink velvet sofa, from £1,120, The French Bedroom Company frenchbedroomcompany.co.uk

Fill the room with love

It's time to enjoy a love affair – with your home – and turn it into the cossetting, indulgent space that fulfils your desires.

Of course, it's all down to your decor taste – which is as individual as your choice of partner – so you could opt for curvy furniture and sensual textures, feature racy red accessories, or take a quirky approach with comic book art.

What's key is bringing romance to your rooms and conjuring the perfect space for snuggling as a singleton, or for flirting and wooing on Valentine's Day and for keeping the love alive in the months and years ahead.

GO ON, INDULGE YOUR DECOR PASSION... FLIRT WITH FEMININE TOUCHES

White and pink are the perfect partners for a seductive scheme, and the addition of sensual textures – velvet upholstery and a sheepskin rug – will ramp up the romantic atmosphere. In a pared-back setting, subtle gilded touches (so on-trend), which hint at your feelings, have the space to star.



DAB and FM radio £29.99, Aldi



Love Story wall art £15, Kaleidoscope

Right, heart hanging frame £8, mandco.com



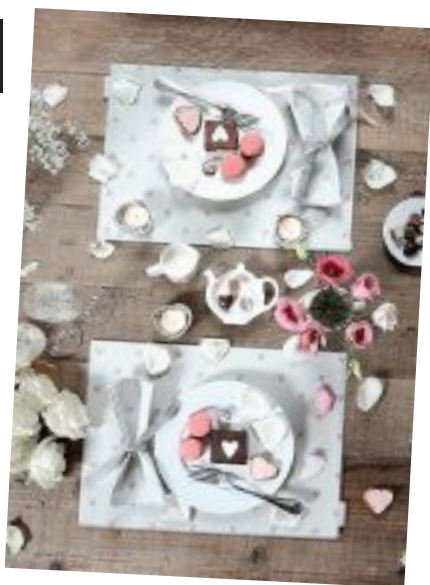
Cosmo Cream sequin heart cushion £20, reduced to £6, Debenhams

Adalicia distressed heart chair £135, Out There Interior





Valentine fondue set £15, Sainsbury's



SERVE UP LOVE ON A PLATE

Why go public with your love? Instead, avoid crowded over-priced restaurants and enjoy the occasion in private, with an intimate meal at home. It's worth remembering there's a close relationship between love and food – because you're using all the same senses; taste, touch, smell and sight. If you're too tongue-tied for a gushing declaration of your feelings, however, you could simply let the tableware spell out it out...



Stolzle heart flutes, red, set of two £14.95, Not Just Jugs.com

Gold Champagne glasses, set of four £14.99, in stores, Sainsbury's



Life Is Better When We're Together mug £4.50, Sainsbury's



Crazy in Love, two placemats and two coasters £2, George Home

Hearts napkins, set of four £15; Hearts fabric placemat £7.50, Sophie Allport, sophieallport.com

LET THE WALL 'POP' THE QUESTION

Online daters always rate a GSOH (good sense of humour) as one of the top qualities needed in a prospective partner. Witty decor – from a comic-style mural, through to quirky lights and accessories – could go a long way to proving you not only see the lighter side of life, but are also uber-stylish.

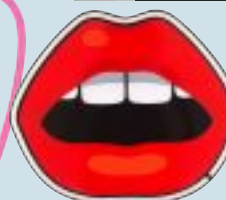


Pop Art kiss mural, from £27 a square metre, Wallsauce.com



Home Collection pink heart neon table lamp £50, Debenhams

Neon heart balloon wall light £60, outthereinteriors.com



Blow Lips neon light by Seletti and Studio Job £220, Smithers of Stamford, smithersofstamford.com

Comic Book love mug reduced from £7.99 to £5.99, Studio.co.uk



SHOW YOUR LOVE WITH HEARTFELT DETAILS

It's the little things in life that really make the difference, and just a small token will show you care. Use one tiny accessory to make the special point, or perhaps several, hung on door handles or pinned up at intervals, leading the way to that Valentine's Day surprise...



Sainsbury's Home hanging heart chalkboard £3, available in stores

Sainsbury's Valentine's I Love You token £3.50



Jan Constantine classic heart red ceramic plaque £3.50, Dunelm



Sainsbury's Valentine's faux rose petals £4.50



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PROPERTY TALK

With Nigel Lewis



CHURCHILL'S PAINTING RETREAT

Gary Oldman has won praise for his portrayal of Winston Churchill in the wartime drama *Darkest Hour*, currently playing in cinemas.

It follows Churchill's struggle to gain power as the political elite tried to decide who was best to lead the country during the run-up to WWII. But there is a softer side to Churchill that isn't included in the film; that he was an accomplished painter. And both before and after his time leading the UK through the war, his favourite spot to park his easel was in the South of France.

His base during these holidays with his wife Clementine was at Domaine du Paradou, a large house and



estate owned by British friends, near St Tropez.

The house features tunnels used during the war by the French resistance to evade capture by the Nazis, and an Ionic column in the garden was given to the owners by underwater explorer and TV star Jacques Cousteau.

After being offered for sale last summer but then withdrawn, Domaine du Paradou is back on the market, put up for sale by the same family that Churchill and his wife knew.

The property, which is available either as two separate estates or as one, includes 40 acres of gardens and grounds, two main villas and over half a dozen guest houses, outbuildings and staff flats. It's for sale through specialist French property agency Home Hunts (0208 144 5501) for £7.5 million as a whole.



THE PRICE IS FALLING DOWN ON DOUGLAS' HOLIDAY PAD

There are some properties that just won't shift regardless of how glamorous and luxurious they may be, often because their asking price is way ahead of the market. And that seems to be the case for the 1,000 sq m Spanish home of Hollywood couple Catherine Zeta-Jones and Michael Douglas, inset.

They put S'Estaca, their sprawling Mallorcan estate, up for sale in 2014 for €50m, but nearly four years later it remains for sale despite its asking price having been slashed to €36.5 million. They share the property, which offers extraordinary views of the sea and the Sierra de Tramuntana behind it, with his first wife, Diandra Luker.

The secluded estate is in the seafront area of Valdemossa village and includes 247 acres of gardens, a central villa plus several separate guesthouses. The main house has 11 bedrooms, 10 bathrooms and dates from the mid-19th century.

As one might expect of two Hollywood stars, it's got a home theatre as well as a pool, staff quarters, wine cellar, jacuzzi and library.

Douglas and Zeta-Jones will still be spoilt for choice without their Mallorcan getaway, as they have a large portfolio of homes around the world, including a pad in the Colorado ski resort of Aspen, a luxury apartment in Manhattan, a house in Catherine's home town of the Mumbles in Swansea and one in Bermuda, where the Douglas family has family and business connections. Visit mallorca-sothebysrealty.com, +34 971 721 000.



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Foreign Secretary and Brexit backer Boris Johnson made it clear from an early age that he wanted to achieve high office.

Boris and his siblings were encouraged as children to discuss high-brow subjects, and his father Stanley says the earliest ambition of the young Boris was to be 'world king'.

Such unswerving ambition has carried him far, from political column writer to being MP for Henley-on-Thames and later Mayor of London and, more recently, joining Theresa May's cabinet.

His parents took Boris and his siblings all over the world and while Boris was born in New York he also called Exmoor, London, Washington DC, Oxford and Brussels

BORIS HAS LEFT THE HOUSE



home. But the best-known of these, where his father settled after he divorced Boris' mother, is in Notting Hill.

The house, which is for sale, found international fame when Boris used it as the base for his mayoral campaign, and is well known in the area for its pink façade.

60 Regent's Park Road is a five-storey Victorian house with several

reception rooms, a cinema, wine cellar and four bedrooms. "Following the most recent sale in 2010, the house underwent a comprehensive transformation and extensive refurbishment," says Orly Lehman from joint agent Knight Frank. It's for sale at £11.25 million through both Knight Frank (020 3815 3350) and Aston Chase (020 7724 4724).

KEITH'S FLAT ROCKS!

Keith Richards has realised you can't always get what you want when it comes to buying and selling property.

The Rolling Stones guitarist first put his New York duplex up for sale in March 2016 but has since had to drop



the price by more than \$1 million in an attempt to sell it. Wild horses couldn't drag buyers to part with the \$12.23 million first demanded for the three-bedroom penthouse in Greenwich Village, but now that the price tag has been reduced to \$10.995 million the property is likely to achieve a lot more interest.

Keith and his wife Patti Hansen bought the apartment, which features funky rock

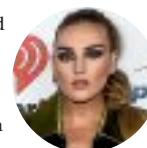
royalty styling and stunning views of Washington Park Square, back in February 2014.

The spacious, 2,700 sq ft apartment features three bedrooms, four bathrooms, three terraces and a fully-integrated Sonos sound system.

Keith Richards' apartment is for sale at \$10.995 million via Douglas Elliman Real Estate (00 1 212 891 7676).

MIXING IT UP

Little Mix singer Perrie Edwards, pictured, has many reasons to celebrate at the moment, and one of them is that the 24-year-old has sold her bungalow for £100,000 more than she bought it for.



Perrie has lived in the three-bedroom property for the past two-and-a-half years following her split with One Direction singer Zayn Malik. The two paired up in 2012, were engaged in 2015 but split soon



afterwards. Her bungalow, which is in Surrey, has now sold for just shy of £800,000. It has three double bedrooms including an en-suite master, two bathrooms, a large garden, a sun lounge, luxury bath, cinema room and a patio. It also still features Perrie's interiors taste including a feature wall in the main bathroom, shagpile carpet in the cinema room, a garden table in the dining room and plenty of North African-style furnishings.

The property had been advertised as available "with no onward chain" leading to speculation that the singer, who found fame when Little Mix won the X Factor TV talent show in 2011, is about to move in with her current boyfriend, Liverpool FC midfielder Alex Oxlade-Chamberlain.

Perrie revealed on Instagram recently that she spent New Year's Eve at his house, but a move northward would entail a lot of commuting.

The Little Mix bandwagon continues to roll forward at full speed; the group won the Best British Single gong at last year's Brit Awards for the song Shout Out to My Ex.

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With Diarmuid Gavin

WHAT'S YOUR POISON?

Stop relying on chemical warfare - it's time to ban those toxic products and save the planet

We've got used to gardening in a certain way. We follow styles and a desire to tame nature, to grow perfect plants, while valuing precision and a neat and tidy aesthetic.

We hold these gardening principles dear and many of the chemicals which we use to kill weeds, green up lawns, eradicate moss, promote growth, extinguish insects or tackle diseases have been our gardening aids for generations.

But not all of these products are good for us or our planet.

Glyphosate, the main ingredient in some weedkillers, was recently given another five-year licence by the EU, despite concerns being raised over its potentially carcinogenic properties.

However, as we become more environmentally aware, it will become obvious to us that the use of many products which we purchase liberally is unsustainable.

Another threat to traditional gardening is the increase in plant diseases and pests arriving in Europe. *Xylella fastidiosa* is the latest bacteria

to represent a potential major threat to the horticultural industry.

Outbreaks so far in continental Europe have caused destruction to olive trees in Italy and have spread to France and Spain.

Many of our old favourites, such as lavender and rosemary, may also be at risk from this disease. Box blight has been a plague for some time now and if a plant can't be grown without chemical intervention, should we drop it from our planting palette?

What will this mean? It will mean embracing gardens that aren't perfect.

I forecast that habits and practices which are widely accepted now will increasingly be challenged.

In the meantime, we can do our bit in our own plots and reduce our reliance on chemical warfare.

Here are some ways to go greener this year...

EXCHANGE CHEMICALS FOR HOME REMEDIES

There are a number of tried and tested, and surprisingly effective, homemade remedies for common garden problems and they're easier on your pocket too!

Recycle a kitchen spray and get mixing. For example, one part cows' milk to two parts water can be effective against blackspot, which can plague roses in warm wet conditions.

Chamomile tea makes a safe fungicide and can be used to prevent damping off disease of seedlings. You can also sprinkle cinnamon powder around seedlings.

Baking soda mixed with some veg oil and water can be used on leaf blight, powdery mildew and as a general fungicide.

Similarly, an infusion of chopped garlic, veg oil and water can be a good insecticide.

Methylated spirits can be used to remove woolly aphids from the trunks of fruit trees.

Just soak a cloth and rub the insects away.



Hoing annual weeds is the best way to keep them under control

Let us spray: You can make an environmentally friendly insecticide with garlic, vegetable oil and water



WEEDING

The best way to keep weeds under control is by hoeing annual weeds and digging up perennials.

A good thick mulch will also suppress weed growth as well as retaining moisture in the soil.

Plant ground covers, such as pachysandra, ajuga or alchemilla, in larger areas.

Use boiling water on weeds in gravelled or paved areas or a flame gun.

HANDPICK OR HOSE

As gardeners of relatively small plots, we have a big advantage over the large commercial growers.

Simply picking off aphids as they appear and crushing them or hosing down affected plants will reduce the need to spray.

RELAX!

Adopt a more relaxed approach to what you might otherwise think of as weeds. For example, nettles are a wonderful breeding ground for the larvae of butterflies, as are thistles, docks, sorrel weed and meadow grasses.

So consider leaving a patch of

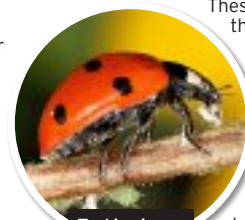
your garden uncultivated, which the weeds will quickly colonise.

ATTRACT NATURAL PREDATORS

These creatures, such as the ladybird, will Hoover up aphids. They like herbs, including mint, chives, coriander, fennel and dill, and flat-topped flowers, such as yarrow. Include calendula, statice, alyssum and cosmos in your flower beds.

Ladybirds (like hedgehogs) need places to hibernate in winter, preferring crevices of bark on trees and piles of leaf litter.

You can create your own ladybird house by using a simple



Tucking in: A Ladybird eating aphids



Some weedkillers may have carcinogenic properties



Amaryllis bulbs, left, can be planted in pots indoors now for spring flowers, while you should also be looking to re-pot any plants that have outgrown their current surroundings



Time to transfer pot plants

■ If you have houseplants that are outgrowing their pots, now is a good time to move them on.

Choose a pot one size bigger and use fresh potting compost.

If you can't re-pot, then top-dress by scraping off the top inch of soil and replacing with fresh compost.

■ Plant amaryllis bulbs

JOBS FOR THE WEEK

(Hippeastrum) indoors in pots for spring flowers.

■ Windy weather may have caused windrock in your plants - roses are particularly vulnerable, so check they have not been lifted out of the soil.

If they have, firm back in gently.

■ With epimediums, cut old leaves back carefully to show the delicate flowers emerging, taking care not to damage the flower stems.

You can also do this with hellebores, removing the dead leaves.

■ Cut back old leaves on deciduous ferns to make room for fresh new growth in the spring.



Barriers: A copper band around a plant pot should put a stop to snails

wooden box and adding bits of bark and leaf litter. Or make a log pile using a few branches, logs and twigs in an area where they won't be disturbed.

GOOD CULTIVATION PRACTICES

These procedures - such as crop rotation, companion planting, choosing the right species that will thrive in your particular micro-climate, growing disease-resistant cultivars, best practice hygiene (cleaning tools etc) and maintaining plant health with correct planting, nutrition and watering - will all reduce the requirement for chemical intervention.

BARRIERS

Slugs and snails are the bane of every gardener's life, but use up your leftover

coffee beans and crushed eggshells to create rough barriers around precious plants. Copper bands are also effective around pots, giving snails a mild electric shock.

BIOLOGICAL CONTROLS

Nematodes are tiny parasitic creatures which burrow into other slightly bigger creatures, such as vine weevils and slugs, and release harmful bacteria destroying them within a day or so.

They are not harmful to humans, pets or plants, but only work when the soil temperature warms up.

August and September are ideal months for application. You buy the nematodes in powder form and dissolve in NATURAL water - then spray the affected areas.

ASK DIARMUID

Q Please help. I have had my apple tree about 30 years and always had a good yield, but this year although the apples were a better crop, nearly every one had something eating into the middle.

Is there anything I can do? I've already tied a band around the tree and sprayed. Thank you.

M Westcott



A Grease bands around apple trees are a method of stopping winter moth damage - these caterpillars eat the leaves and fruitlets.

However, your tree may be under attack from the codling moth whose caterpillars burrow into the centre of the apple and destroy the fruit.

In spring you can treat the trunk with plant-based horticultural oil which will help remove larvae and eggs.

In May, hang pheromone traps on the tree which will capture the male moths, thereby reducing the amount of eggs hatched.

There are also biological controls available to apply to the trunk in September. These are worms which destroy the caterpillars.

If you want to spray, do so in late June and not when the tree is in flower so as to protect beneficial pollinating insects.

Better still, choose an organic plant-based insecticide which will be less harmful to the environment.

PLANT OF THE WEEK

MUSCARI PINK SUNRISE

Grape hyacinth is a popular spring bulb and being small (six to eight inches in height) it's ideal for window boxes where space is limited.

It's a spring flower that brings a sweet fragrance, so plant where you can enjoy the smell.

The most common varieties are in blue but I think this baby pink cultivar is very pretty and would make a gorgeous display alongside some cream and pink tulips.

Plant in full sun in well-drained soil.



Credit: gardencentrekoeman.co.uk

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residential lettings



Guardian are pleased to offer for rent this affordable one bedroom flat in the delightful area for Hatfield Broad Oak. This property is offered furnished. EPC - C. Available Now.

£650 pcm

Hatfield Broad Oak,



Guardian are delighted to offer for rent this affordable studio property close to Harlow town centre. This first floor property is offered with oven and fridge freezer only. EPC - D. Available Now

£675 pcm

Foldcroft,



Guardian are delighted to offer this one bedroom ground floor flat located at a short walk from the town center and train station. This property benefits from gas heating and is close to local amenities. EPC - D. Available Now

£680 PCM

Amberly Court



Located in this popular area. One bedroom, unfurnished, ground floor flat in good decorative order. Property comprises fitted kitchen, lounge, bedroom, bathroom and allocated parking. EPC - D. Available early March.

£725 PCM

Markwell Wood



Guardian are delighted to offer this one bedroom ground floor flat. Internal viewing advised for this part furnished property. EPC - C. Available mid February

£710 PCM

Little Cattins



Guardian Residential Lettings are pleased to offer this good sized property in central area to Harlow town, just a short walk to Princess Alexandra Hospital. Unfurnished with cooker supplied. EPC - C. Available early March

£700 PCM

Edmunds Tower



One bedroom flat in popular area of Dads Wood. Walking distance to town and hospital. EPC - C. Available mid April

£730 PCM

Dads Wood



On offer this great two bedroom top floor apartment in Priory Court, just on the outskirts of Harlow. With modern fitted kitchen, gas central heating and two double bedrooms. EPC - C. Available NOW

£885 PCM

Priory Court



Guardian are delighted to offer this two bedroom ground floor flat in the popular area of Church Langley. Good sized living area, fitted kitchen and allocated parking. EPC - D. Available mid February

£925 PCM

Hadley Grange



Guardian are delighted to offer this two bedroom terraced property in Kingsland. This property benefits from gas heating and is close to shops and amenities. EPC - D. Available early March

£950 PCM

Kingsland



Two bedroom top floor apartment in the popular development of Fifth Avenue, just a short walk to Harlow town centre and Harlow Town train station. Modern living so view today. EPC - B. Available early April.

£1050 PCM

Gladwin Way



Guardian are delighted to offer this spacious two Double bedroom first floor apartment situated in Old Harlow. This modern property is offered part furnished. Early viewing recommended to avoid disappointment. Awaiting EPC. Available early May.

£1160

Old Harlow,



Guardian are delighted to offer for rent this three bedroom house, the property is in excellent condition throughout. Viewing is a must! EPC - D. Available early March.

£1195 PCM

Seymours



Guardian Residential are pleased to offer this ideal family home located just off Potter Street. The property comprises entrance hallway, fitted kitchen, lounge, dining area, three bedrooms bathroom and separate WC. EPC - D. Available NOW

£1200 pcm

Potter Field,



Rarely available to rent. With four large double bedrooms and large living area this detached house is available to view today. Downstairs WC, double aspect lounge, fitted kitchen, bathroom, large rear garden, off street parking and garage. Call today. EPC - E. Available NOW.

£1350 PCM

Greygoose Park



NO ADMIN FEE - Guardian are delighted to offer this immaculate four bedroom end of terrace town house in Bishops Stortford. The accommodation is set over three levels and comprises modern fitted kitchen with integrated appliances and separate dining space, lounge, four good sized bedrooms, + more! EPC - C. Available early March.

£1600 pcm

Bishops Stortford,

www.guardianresidential.com

01279 635685

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GUARDIAN

residential sales



Fantastic for both first time buyers and investors alike, Guardian are proud to be offering this one bedroom flat in the very sought area of Dadswood, situated in the town centre. EPC: C

£160,000

Dadswood, Harlow



Guardian Residential are delighted to offer this immaculately presented one bedroom first floor flat in the ever popular Markhall Moors area of Harlow. EPC: D

£165,000

Tanys Dell, Harlow



For first time buyers it's stamp duty free and offers a great chance to get onto the ladder with a well proportioned flat in a nice cul-de-sac near to Town Centre and Bush fair shops. The lease has 97 years left with service and ground rent charges coming to £28.30pcm. EPC: D

£165,000

The Fourtunes, Harlow



Guardian are delighted to offer this immaculate 2nd floor flat in the popular private area of Bromley Close. The property is conveniently located and ready to move into. EPC: D

£219,999

Bromley Close, Harlow



On the market with Guardian, well maintained two bedroom terraced house in the desirable location of Pittmans Field, Harlow. Two good sized bedrooms, a family bathroom and tucked away in a quiet cul-de-sac, this is a brilliant first time buy or investment. EPC: D

£245,000

Pittmans Field, Harlow



No-Onward Chain - A fantastic opportunity for both first time buyers and investors. Guardian are excited to be offering this large 3 bedroom, non standard construction property in the area of Cannons Brook.

Contact us today to arrange your viewing

£215,000

Cannons Brook, Harlow



Ideally located for easy access to the M11 junction, two bedroom terraced property in the popular Potter Street area of Harlow. The property boasts two large double bedrooms, a modern fitted galley kitchen and large through lounge. EPC: C

£249,995

Pottersfield, Harlow



Guardian are delighted to offer a two bedroom end of terrace house in Vicarage Wood. Perfect for first time buyers and investors, current tenants in the property since March 2011. Double glazed throughout, gas central heating, large garden with brick built shed. EPC: E

£249,995

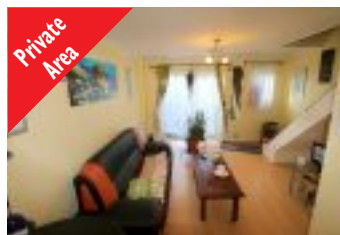
Vicarage Wood, Harlow



Guardian are delighted to present a three bedroom mid terrace house in Berecroft. Great first time buy or investment, current tenant paying £1,095.00 pcm. Double glazing, gas central heating. Downstairs WC and three good sized bedrooms. EPC: C

£250,000

Berecroft, Harlow



O.I.R.O - Guardian are delighted to offer a rarely available two bedroom mid terrace house in a quiet, cul-de-sac location in sought-after Archers. EPC: C

£270,000

Archers, Harlow



Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace. EPC: D

£275,000

Taylifers, Harlow



Coming to the market with Guardian is this well maintained 4 bedroom town house located near to the town centre as well as shops and schools. EPC: E

£295,000

Pittmans Field, Harlow



Guardian are delighted to offer this faultless immaculate four bedroom semi detached extended house with conservatory. The property benefits from being fully double glazed, integral garage and block paved driveway for three cars. EPC: B

£395,000

Byngams, Harlow

1st class service from valuation to completion



CONTENT

BUT CURIOUS

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HARLOW,
EPC BAND E, £475,000



OLD HARLOW,
EPC BAND C, £1,000 PCM



SAWBRIDGEWORTH,
EPC BAND E, GUIDE PRICE £430,000



HARLOW,
EPC BAND E, £375,000



SAWBRIDGEWORTH,
EPC BAND C, £1200 PCM*



HARLOW
EPC BAND D, £215,000



SAWBRIDGEWORTH,
EPC BAND B, £1300 PCM*



CHURCH LANGLEY,
EPC BAND C, £1,400 PCM

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GILSTON EPC BAND B, £2000 PCM*

HARLOW, EPC BAND C, £975 PCM



SAWBRIDGEWORTH, EPC BAND E, £550,000

OLD HARLOW EPC BAND D, £450,000

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A FREE VALUATION

HARLOW
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SAWBRIDGEWORTH
01279 600333



TAYLIFERS **OIEO £145,000**

- CHAIN FREE
- First Floor Flat
- Double Glazed
- Lounge 13'6" x 9'7"
- Kitchen 7'9" x 5'10"
- Bathroom
- Current Vendor to Refurbish Property



MOORFIELD **£155,000**

- One Bedroom Ground Floor Flat
- Large Kitchen & Lounge Diner
- Modern Fitted Bathroom
- No Onward Chain
- Gas Central Heating
- Outskirts of Harlow
- Walking Distance to Shops



LADYSHOT **£165,000**

- One Bedroom Second Floor Flat
- No Onward chain
- Gas Central Heating
- Lounge with Balcony
- Double Glazing
- Kitchen 11'4" x 7'10"
- 92 Year Lease



New
Instruction

HORNBEAMS **£260,000**

- Two Double Bedrooms
- Mid Terrace
- Gas Central Heating
- Double Glazing
- Lounge Diner
- Unoverlooked Garden
- Close to Harlow Town Centre, Train Station & Hospi
- Viewings Recommended



FOLDCROFT **OIEO £195,995**

- Two Bedroom Maisonette
- Close to Train Station & Hospital
- Close to Harlow Town Centre
- Gas Central Heating
- Double Glazing
- Fitted Kitchen and Bathroom
- Offered with No Onward Chain



HOLLAND WAY **£215,000**

- One Bedroom First Floor Flat
- New Hall Development
- Open Plan Living
- Modern Fitted Kitchen with Appliances
- Modern Bathroom
- Well Presented Throughout
- Close to Train Station
- Allocated Parking Space



THE MAPLES **£274,000**

- Chain Free
- Three Bedrooms
- In Need of Modernisation
- Lounge 15'11" x 11'8"
- Kitchen 15'11" x 9'3"
- Two Double Bedrooms
- Downstairs Cloakroom



POTTER STREET **£275,000**

- No Onward Chain
- Rarely Available
- Two Good Size Bedrooms
- Lounge 12'1" x 18'3"
- Kitchen 8'7" x 5'11"
- Fitted Bathroom
- South Facing
- Garden
- Set on Private Road



PEACOCKS **Offers over £278,950**

- Three Bedroom Family Home
- End of Terrace
- Fitted Kitchen & Bathroom
- Open Plan Lounge Diner
- Garage En Bloc
- No Onward Chain



CHAPELFIELDS **Offers over £280,000**

- Three Bedroom Home
- Mid Terrace
- Potter Street Location
- Gas Central Heating
- Double Glazing
- Open Plan Kitchen
- Diner
- Lounge



Shawbridge **OIEO £280,000**

- Three Bedroom Family Home
- Chain Free
- End of Terrace
- Three Double Bedrooms
- Popular Location
- Gas Central Heating



New
Price

RADBURN CLOSE **£279,995**

- Three Bedroom Family Home
- Close to Harlow Common
- Unoverlooked Garden
- Good Size Lounge
- Diner
- Close to Schools & Shops
- Lounge Diner 16'6" x 9'11"
- Bathroom & Separate WC



New
Instruction

THE DASHES **£279,995**

- Two Bedrooms Home
- End of Terrace
- Close to Schools & Hospital
- Town Centre Location
- Modern Fitted Kitchen & Bathroom
- 35' Rear Garden
- Utility Room
- Ideal First Time or Investment Purchase



BARN MEAD **£290,000**

- Three Bedroom Home
- Mid Terrace
- Large Lounge Diner
- Fitted Kitchen & Bathroom
- Good Sized
- Bedrooms
- Close to Local Amenities & Schools
- Double Glazing



PRIORY COURT **£290,000**

- Three Bedroom Town House
- Own Drive
- Close to Schools & Amenities
- Good Size Garden
- Downstairs
- Cloakroom
- Fitted Kitchen
- Lounge & Dining Area



New
Instruction

DOVEHOUSE CROFT **£295,000**

- Three Bedroom Family Home
- Gas Central Heating
- Spacious Accommodation
- Close to All Amenities
- Downstairs Cloakroom
- Lounge & Separate Dining Area
- No Onward Chain
- Large Garden



New
Instruction

GUILFORDS

£300,000

- Three Bedroom Mid Terrace
- Kitchen/Breakfast Room
- Lounge
- Double Bedrooms

- Family Bathroom
- Gas Central Heating
- Downstairs WC
- Old Harlow Location



OLD HARLOW

£335,000

- No Onward Chain
- Three Bedrooms
- Lounge Diner
- Conservatory
- Gas Central Heating
- Kitchen
- Highly Sought After

- Area
- In Need of
- Modernisation



BENTLEY DRIVE

£349,995

- Three Bedroom End of Terrace Home
- Modern Fitted Kitchen & Bathroom
- Gas Central Heating & Double Glazing
- Allocated Parking
- Conservatory
- Close to All
- Amenities



New
Instruction

SADLERS MEAD

£315,000

- Three Bedroom Family Home
- Re-Wired and New Boiler Installed
- Fitted Kitchen
- Large Lounge

- Bathroom with Separate WC
- Close to Local Schools & Amenities.
- Viewings Strongly Recommended



SEYMOURS

£325,000

- Four Bedroom Extended Home
- Loft Extension
- Gas Central Heating
- Downstairs WC
- Two Bathrooms
- Garage
- Outskirts of Harlow
- Close to Local Shops and Schooling



CHURCH LANGLEY

£330,000

- Extended Family Home
- Three Bedrooms
- Modern Fitted Kitchen
- Family Bathroom
- Gas Central Heating
- Double Glazing
- No Onward Chain



New
Price

OLD HARLOW

OIEO £325,000

- Two Bedroom Cottage
- Churchgate Street Location
- Lounge 10'11 x 14'9
- Modern Fitted Kitchen

- Loft Room 15'9 x 9'6
- Bedroom One 12'1 x 11'0
- Bedroom Two 10'7 x 5'4
- Family Bathroom



OLD HARLOW

OIEO £355,000

- Period Cottage
- Modernised Throughout
- Three Bedrooms
- Open Plan Ground Floor Area
- Real Oak Floors & Doors
- Fitted Wooden Kitchen
- Parking Space to Front
- Courtyard Style Garden



BROOKLANE FIELD

£378,995

- Four Bedroom Family Home
- Sought After Area
- Good Access M11/M25
- Needs Updating.
- Close to All
- Amenities
- Utility Room
- Lounge & Separate Dining Room
- Good Potential



NAZEING

OIEO £450,000

- Three/Four bedroom Property
- Potential for loft conversion (subject to planning)
- Parking for five vehicles
- Double Glazing & GCH
- Spacious Lounge/dining area
- Family friendly rear garden
- Two annexes in garden area offering both living ac



Sawbridgeworth

£475,000

- Three/four Bedroom Town House
- Semi-Detached
- Large Lounge 22'6 x 12'8
- Kitchen & Utility
- Bathroom & Downstairs Shower Room
- Rear Garden approx 45' in length
- Popular Location
- Close to Shops & Schools



OLD HARLOW

£535,000

- Extended Family Home
- Three/Four Bedrooms
- Lounge & Separate Dining Area
- Conservatory 21'10 x 9'5
- Excellent Condition Throughout
- Kitchen & Utility Area
- Gas Central Heating & Double Glazing
- Garage



ONGAR

£575,000

- Three Bedroom Bungalow
- High Specification Throughout
- Dressing Room
- Family Bathroom
- Two Further Dorma Rooms



CHURCH LANGLEY

OIEO £590,000

- Six Bedroom Detached Family Home
- Immaculate Condition Throughout
- Gas Central Heating & Double Glazing
- Large Lounge
- Modern Kitchen with Open Plan Dining area
- En-Suite to Master Bedroom
- Good Size Garden
- Close to all Local Amenities



OLD HARLOW

OIEO £686,000

- Four Bedroom Detached
- Kitchen & Dining Area
- Downstairs Bathroom
- Downstairs Bedroom & en-suite
- Lounge
- Double Garaging
- Underfloor heating



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FIR PARK £1,350 PCM

- Three Bedroom Family Home
- Some Kitchen Appliances Included
- Modern Property
- New Carpets
- Garage
- Close To All Amenities
- Available Now
- EPC Rating E
- * Admin Fees Apply



WOODING GROVE £1,000 PCM

- Three Bedroom House
- Close To Town Centre
- Gas Central Heating
- Downstairs WC
- Off Road Parking
- * Admin Fees Apply
- EPC Rating D
- Available Mid March



Longbanks £850 PCM

- Two Bed 1st Floor Flat
- Gas Central Heating
- Kitchen Appliances Only
- One Double Bedrooms
- Unfurnished
- Small Terrace.
- Close To Shops & Local Schools.
- * Admin Fees Apply
- Available Now



BROADFIELDS £825 PCM

- 2 Bedroom 1st Floor Flat
- Two Double Bedrooms.
- Gas Central Heating
- Close To Local Schools
- Walking Distance To Town Centre
- Available End Of February
- * Admin Fees Apply



MOORFIELD £825 PCM

- Two Bedrooms
- First Floor Flat
- Close To Staple Tye Shopping Centre
- Gas Central Heating
- White Goods
- Modern Kitchen & Bathroom
- EPC Rating C
- Council Tax Band B
- Available Now
- * Admin Fees Apply



TYE GREEN £775 PCM

- One Bed Bungalow
- Compact Accommodation
- 52' Long Garden
- Lounge Into Open Plan Kitchen
- Walking Distance To Local Shops
- EPC Rating D
- Council Tax Band B
- Available Mid December
- * Admin Fees Apply



Bonded Client Account



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BROOKLANE FIELD, HARLOW

£449,950

- FOUR BED SEMI-DETACHED
- GARAGE & DRIVEWAY
- EN-SUITE SHOWER
- LARGE EXTENSION
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NEXT TO LATTON COMMON
- INTERNAL PHOTOS ONLINE



CLOVERFIELD, HARLOW

£229,950

- TWO BED MAISONNETTE
- GROUND FLOOR
- LONG LEASE
- PRIVATE GARDEN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO SERVICE CHARGES
- INTERNAL PHOTOS ONLINE



TITHELANDS, HARLOW

£289,950

- THREE BED TERRACED HOUSE
- GARAGE & DRIVEWAY
- OUTSKIRTS OF HARLOW
- CUL-DE-SAC LOCATION
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



ELM COURT, HARLOW

£229,950

- TWO BEDROOM APARTMENT
- SECOND FLOOR
- PRIVATE PARKING
- IDEAL INVESTMENT
- GAS HEATING
- D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



SHELDON CLOSE, CHURCH LANGLEY

£335,000

- TWO BED HOUSE
- GARAGE & DRIVEWAY
- LARGE GARDEN
- CONSERVATORY
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- CUL-DE-SAC LOCATION
- VIEWINGS: SATURDAY 10TH FEB



HORNBEAMS, HARLOW

£135,000

- STUDIO APARTMENT
- WEST FACING BALCONY
- IDEAL INVESTMENT
- CURRENTLY LET FOR £580
- CLOSE TO LOCAL AMENITIES
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE
- VIEWINGS RECOMMENDED



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Tickenhall Drive

- Two Bedroom Terraced House
- Kitchen / Diner
- Stamp Duty Exempt
- Cul-De-Sac Location
- Allocated Parking For Two Vehicles
- EPC Rating: C

£275,000



Bentley Drive

- Two Bedroom Terrace House
- Two DOUBLE Bedrooms
- CHAIN FREE
- Allocated Parking
- Conservatory To Rear
- EPC Rating: Awaiting

£290,000



Belfield Gardens

- A Two Bedroom End Of Terrace House
- Two DOUBLE Bedrooms
- Private Driveway
- Situated In A Residential Cul - De - Sac
- CHAIN FREE
- EPC Rating: C

£300,000



Doulton Close

- Three Bedroom End Of Terrace House
- En-suite To Master Bedroom
- Garage
- Driveway For One Vehicle
- Downstairs WC
- EPC Rating: D

£325,000



Denby Grange

- Four Bedroom Semi Detached House
- CHAIN FREE
- Three Double Bedrooms
- En-suite to Master Bedroom
- Driveway For Two Vehicles
- EPC Rating: C

£380,000



Ashworth Place

- Three Bedroom Detached House
- Garage & Driveway For Two Vehicles
- Double Glazing Throughout
- Fitted Family Bathroom
- Fitted Wardrobes To The Master Bedroom
- EPC Rating: D

£400,000



Burley Hill

- Detached Five Bedroom House
- CHAIN FREE
- Three Bathrooms
- Conservatory
- Driveway For Multiple Vehicles & Garage
- EPC Rating: D

£475,000



Pilkingtons

- Five Bedroom Detached House
- Separate Lounge & Dining Room
- Four DOUBLE Bedrooms
- Conservatory To The Rear
- Parking For Multiple Vehicles
- EPC Rating: C

£475,000



Mallards Rise

O.I.R.O -
£390,000

- A Three Bedroom Detached Family Home
- Downstairs WC
- Separate Kitchen, Living and Dining Rooms
- Conservatory
- Garage
- EPC Rating: Awaiting



High Chase

£475,000

- Four Bedroom Semi Detached House
- Open Planned Living Space
- Two Balcony's
- Parking For Multiple Vehicles
- En-suite To Master Bedroom
- EPC Rating: B





WE HAVE SOMEONE WHO WILL LOVE YOUR HOME...

CALL US NOW FOR A FREE VALUATION

we ♥ property



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CHAIN FREE

Pegrams Court

O.I.R.O -
£195,000

- Two Bedroom Top Floor Flat
- Allocated Parking Space
- Lounge/Diner With Dual Aspect Windows
- Private Build Close To Local Shops
- Chain Free
- EPC Rating: C



NEW INSTRUCTION

CHAIN FREE

Shawbridge

O.I.R.O -
£279,995

- Three Bedroom End of terrace house
- Chain Free
- Lounge and Kitchen Diner
- Three Double Bedrooms
- First Floor Bathroom
- EPC Rating Awaiting



CHAIN FREE

Pegrams Court

O.I.R.O -
£290,000

- Three Bedroom House
- Fitted Kitchen
- Chain Free
- Two Double Bedrooms
- Perfect Home Or Investment
- EPC Rating C



MUST BE SEEN!

Milwards

£290,000

- Four Bedroom Mid Terrace House
- Kitchen/ Diner
- Two Double Sized Bedrooms
- Ideal Investment Or Family Home
- Approx 40ft Garden
- EPC Rating D



CHAIN FREE

Pittmans Field

O.I.R.O -
£290,000

- Three Bedroom End Of Terrace House
- Cul De Sac Location
- Easy Reach Of Schools & Local Amenities
- Fitted Kitchen
- Landscaped Garden To Rear Aspect
- EPC Rating: D



CHAIN FREE

Brays Mead

O.I.R.O -
£295,000

- Three Bedroom Terraced House
- Chain Free
- Well Presented In Our Opinion
- Lounge/Diner
- Approx. 40ft Rear Garden
- EPC Rating Awaiting



VIEWING ADVISED

Canons Gate

O.I.E.O -
£345,000

- Extended Three Bedroom House
- Within Close Proximity To Harlow Town Centre
- Kitchen/Diner
- Approximately 80 ft Garden
- Bi Folding Doors Leading To Garden
- EPC Rating C



MUST BE SEEN!

Old Orchard

O.I.R.O
£545,000

- Five Bedroom Detached House
- Front Drive For Several Cars
- Through Lounge/ Dining Area
- Ground Floor Cloakroom
- Decorated To A High Standard In Our Opinion
- EPC Rating: F



OPEN DAY!

Parsonage Leys

£170,000

- OPEN DAY Sat 10th February
- Viewings By Appointment Only
- One Double Bedroom Flat
- Close To Local Amenities
- Double Glazed
- EPC Rating D



BOOK YOUR TIME SLOT



NEW PRICE

Peterswood

O.I.R.O -
£275,000

- Three Bedroom Mid Terraced House
- Garage To The Front
- Driveway For One Vehicle
- Fitted Kitchen To Front Aspect
- Downstairs Cloakroom
- EPC Rating D



VIEWING ADVISED!



...A Selection Of Homes From Our Extensive Portfolio...



THURSTANS, HARLOW

- Four/Three Bedrooms
- Three Receptions
- Premium Location
- Detached Double Garage
- Detached Home
- Stunning Orangery
- Large Garden Plot
- EPC Rating: D

£599,995



NEW

WESTBURY RISE, CHURCH LANGLEY

- Four Bedrooms
- Two Receptions
- Kitchen/Family Room
- Conservatory
- Detached House
- Double Detached Garage
- Immaculate Home
- EPC Rating: TBC

£585,000



CHELSEA GARDENS, HARLOW

- Five Bedrooms
- Two Reception Rooms
- Southerly Garden
- Tandem Garage & Driveway
- Detached Home
- Quiet Cul-De-Sac
- WC & Utility Room
- EPC Rating: TBC

£559,995



CHELSEA GARDENS, CHURCH LANGLEY

- Six Bedrooms
- Two Receptions
- En-Suite Shower
- Garage & Drive
- Utility & W.C.
- Riptide Swim Spa
- EPC Rating: TBC

£549,995



NEW

PARK AVENUE, HARLOW

- Four Bedrooms
- Three receptions
- Large Gardens
- Garage & Driveway
- Semi Detached
- Extended Property
- Rarely Available
- EPC Rating: TBC

£499,995



RUNDELLS, HARLOW

- Five Bedrooms
- Extended Property
- Kitchen/Breakfast Room
- Garage & Driveway
- Semi Detached
- Large Corner Plot Garden
- Rarely Available
- EPC Rating: TBC

£499,995



ALBERT GARDENS, CHURCH LANGLEY

- Four Bedrooms
- Garage & Driveway
- Well Presented
- Chain Free
- Detached Home
- Two Reception Rooms
- Conservatory
- EPC Rating: TBC

£450,000



MILLERSDALE, HARLOW

- Four Bedrooms
- Two Receptions
- Kitchen/Bkfst Room
- Garage & Drive
- Detached Home
- Long Gardens
- Cul-De-Sac Location
- EPC Rating: D

£429,995



NEW

DENBY GRANGE, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- Immaculate Home
- Garage & Drive
- Detached Home
- En-Suite Shower
- Cul-De-Sac Location
- EPC Rating: TBC

£425,000



CHELSEA GARDENS, CHURCH LANGLEY

- Three Bedrooms
- Garage & Driveway
- Two Receptions
- Chain Free
- Detached Home
- Popular Location
- Southerly Garden
- EPC Rating: TBC

£394,995



CHALLINOR, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- Private Rear Garden
- Garage & Drive
- Detached House
- Immaculate Home
- En-Suite & W.C
- EPC Rating: D

£384,995



SPARROWHAWK WAY, NEWHALL

- Two Double Bedrooms
- Well Presented
- Overlooking New School
- NHBC Warranty
- Link Detached
- Kitchen/Diner
- Driveway
- EPC Rating: B

£349,995



LATTON GREEN, HARLOW

- Three Bedrooms
- Driveway
- Two Receptions
- Chain Free
- Semi Detached
- Popular Location
- Potential To Extend (STPP)
- EPC Rating: TBC

£339,995



PRIORY COURT, HARLOW

- Four Bedrooms
- Recently Redecorated
- Driveway
- Overlooking Latton Common
- Town House
- Ensuite To Master
- Private Close
- EPC Rating: TBC

£339,995



ALBERT GARDENS, CHURCH LANGLEY

- Three Bedrooms
- Kitchen/Diner
- Cloakroom W.C
- Double Driveway
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: D

£339,995



REDWING WAY, NEWHALL

- Two Double Bedrooms
- Open Plan
- Driveway
- NHBC Warranty Remaining
- Semi Detached
- Quiet Cul-De-Sac
- Immaculate Throughout
- EPC Rating: B

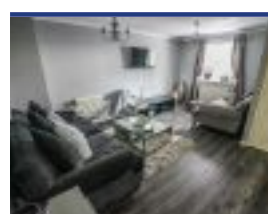
£334,995



THE MAPLES, HARLOW

- Three/Four Bedrooms
- Two/Three Receptions
- Garage En Bloc
- Popular Location
- End Terrace Home
- Ground Floor WC
- South Westerly Garden
- EPC Rating: TBC

£319,995



GLAN AVON MEWS, HARLOW

- Three Bedrooms
- Allocated Parking
- Modern Kitchen/Diner
- Well Presented
- End Terrace Home
- Quiet Cul-De-Sac
- Ground Floor WC
- EPC Rating: C

£304,995

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e: info@rjestateagents.co.uk



...A Selection Of Homes From Our Extensive Portfolio...



MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- Cloakroom/W.C
- Garage To Rear
- Terraced Home
- Croudate Build
- Southernly Gardens
- EPC Rating: C

£294,995



ABBEYDALE CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Modern Kitchen
- Lounge/Diner
- Allocated Parking
- Terraced House
- Westerly Garden
- Popular Location
- EPC Rating: C

£284,995



SPRUCE HILL, HARLOW

- Three Bedrooms
- Well Presented
- Lounge/Diner
- Ground Floor WC
- Middle Terrace
- Popular Location
- Fitted Wardrobes
- EPC Rating: TBC

£279,995



BLACKBUSH SPRING, HARLOW

- Two Double Bedrooms
- Lounge/Diner
- Large Rear Garden
- Popular Location
- End Terrace
- Modern Fitted Kitchen
- Westerly Garden
- EPC Rating: TBC

£259,995



WILLOWFIELD, HARLOW

- Two Double Bedrooms
- Lounge/Diner
- Modern Kitchen
- Popular Location
- Middle Terrace
- 40ft Rear Garden
- Ideal First Purchase
- EPC Rating: C

£249,995



SOUTHERN LODGE, HARLOW

- Two Bedrooms
- Own Garden
- Lounge/Diner
- Chain Free
- Ground Floor Apartment
- Residents Parking
- Recently Redecorated
- EPC Rating: TBC

£219,995



HOLLYFIELD, HARLOW

- One Bedroom
- Lounge/Diner
- Chain Free
- Close To Amenities
- First Floor
- Apartment
- Popular Location
- EPC Rating: C

£159,995



REGENCY COURT, HARLOW

- One Bedroom
- Lounge/Diner
- Communal Garden
- Chain Free
- Ground Floor
- Apartment
- Residents Parking
- EPC Rating: D

£149,995



UPPER MEALINES, HARLOW

- One Bedroom
- Lounge/Diner
- Popular Area
- Chain Free
- First Floor
- Apartment
- Ideal Investment
- EPC Rating: TBC

£144,995



SOLD STC

MORE NEEDED

HILLY FIELD, HARLOW

- Four Bedrooms
- Two Receptions
- Garage & Driveway
- Chain Free
- Detached House
- Premium Location
- South Facing Garden
- EPC Rating: TBC

£499,995



SOLD STC

MORE NEEDED

RUSHTON GROVE, HARLOW

- Four Bedrooms
- Two Receptions
- Large Conservatory
- Garage & Driveway
- End Terrace Home
- Well Presented
- Loft Extension
- EPC Rating: TBC

£409,995



SOLD STC

MORE NEEDED

RUNDELLS, HARLOW

- Four Bedrooms
- Garage & Driveway
- Extended
- Chain Free
- Semi Detached
- Desirable Location
- Three Receptions
- EPC Rating: D

£349,995



SOLD STC

MORE NEEDED

PADDOCK MEAD, HARLOW

- Three Bedrooms
- Garage & Driveway
- Cul-De-Sac Location
- Chain Free
- Semi Detached
- Popular Location
- Conservatory
- EPC Rating: C

£349,995



SOLD STC

MORE NEEDED

SAVOY WOOD, HARLOW

- Three Bedrooms
- En-Suite Shower
- Loft Extension
- Allocated Parking
- Terraced Home
- Two Receptions
- Modern Kitchen
- EPC Rating: TBC

£319,995



SOLD STC

MORE NEEDED

THE FORTUNES, HARLOW

- Two Bedrooms
- Lounge/Diner
- Popular Location
- Well Presented
- End Of Terrace
- Close To Amenities
- 40ft Rear Garden Approx
- EPC Rating: E

£249,995



SOLD STC

MORE NEEDED

BROMLEY CLOSE, HARLOW

- Two Double Bedrooms
- Close To Amenities
- Allocated Parking
- Chain Free
- Ground Floor Apartment
- Lounge/Diner
- Ensuite To Master
- EPC Rating: C

£214,995



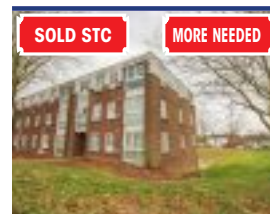
SOLD STC

MORE NEEDED

TITHE LANDS, HARLOW

- One Bedroom
- Lounge/Diner
- Communal Garden
- Chain Free
- First Floor
- Maisonette
- Juliette Balcony
- EPC Rating: TBC

£159,995



SOLD STC

MORE NEEDED

SYCOMORE FIELD, HARLOW

- One Bedroom
- Lounge/Diner
- Popular Location
- Chain Free
- First Floor Flat
- Secure Door Entry System
- Lots Of Storage
- EPC Rating: TBC

£139,995

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e: info@rjestateagents.co.uk

Howick & Brooker



Gothic House, Station Road, Old Harlow, CM17 0AP



£164,995

THE READINGS, HARLOW

- One Bedroom
- Lounge/Diner
- Large Storage Shed
- First Floor Flat
- Long Lease
- EPC Rating: C



£200,000

HADLEY GRANGE, CHURCH LANGLEY

- One Bedroom
- Allocated Parking
- No Onward Chain
- Own Rear Garden
- Ground Floor Apartment
- EPC Rating: D



£279,999

WEDGEWOOD DRIVE, CHURCH LANGLEY

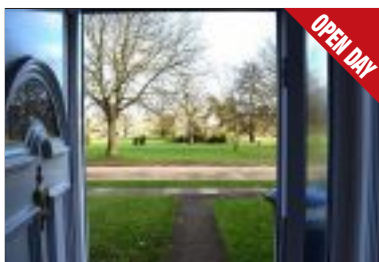
- Two Bedrooms
- Two Parking Spaces
- No Onward Chain
- End Terrace
- Separate Dining Room
- EPC Rating: D



£285,000 - £295,000

EAST PARK, OLD HARLOW

- Two Bedrooms
- No Work Required
- Views Over Woodland
- Mid Terrace Property
- Lounge/Diner
- EPC Rating: D



£289,995

THE CHANTRY, HARLOW

- Three Bedrooms
- Mid Terrace
- Downstairs W/C
- Utility Room
- Overlooking Fields
- EPC Rating: D



£319,995

JOCELYNS, OLD HARLOW

- Three Bedrooms
- Detached Garage
- No Onward Chain
- Mid Terrace Property
- Close To High Street
- EPC Rating: F



£324,995

WOODHILL, HARLOW

- Three Bedrooms
- Garage On Bloc
- Popular Location
- Mid Terrace Property
- Downstairs W.C.
- EPC Rating: TBC



£324,995

LINFORD END, HARLOW

- Three Bedrooms
- Downstairs Shower Room
- Rarely Available
- Semi Detached
- Driveway Potential
- EPC Rating: TBC



£349,995

SPARROWHAWK WAY, NEWHALL

- Two Double Bedrooms
- Link Detached
- Sun Terrace
- Driveway
- En-Suite
- EPC Rating: C



OIRO £390,000

CHAPEL FIELDS, HARLOW

- Four Bedroom
- Attic Conversion
- Solar Panels
- Semi Detached
- Two Cloakrooms
- EPC Rating: TBC



£410,000

HEATHCOTE GARDENS, CHURCH LANGLEY

- Three/ Four Bedroom
- Garage Conversion
- South Facing Garden
- Detached Property
- Three Bathrooms
- EPC Rating: E



£449,995

GLEBELANDS, HARLOW

- Five Bedrooms
- Heavily Extended
- Driveway Parking
- Two Receptions
- Corner Plot
- EPC Rating: D



449,995

NORTHBROOKS, HARLOW

- Three Bedrooms
- Link Detached
- Garage & Driveway
- Close To Town
- Large Garden
- EPC Rating: D



£450,000

UPPER PARK, HARLOW

- Four Bedrooms
- Two Bathrooms
- Modern Glass Conservatory
- Semi Detached
- Garage & Driveway
- EPC Rating: TBC



£650,000

THE BARN, OLD HARLOW

- Three Bedrooms
- Two Bathrooms
- Semi Detached
- Walk To Station
- Courtyard Setting
- EPC Rating: E



£895,000

LATTON COMMON, HARLOW

- Five Bedrooms
- Three Receptions
- Private Location
- Gated Entrance
- Detached
- EPC Rating: C

sales@hbproperty.co.uk

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£224,950 SAWBRIDGEWORTH (Burtons Mill)
First floor 2 bedroom apartment with just a 3 minute walk to train station. Private balcony, sitting room, kitchen and bathroom. Offered with no onward chain. Approx. rental value of £850 pcm. Sole agents.



£289,950 SAWBRIDGEWORTH (Station Road)
2 bedroom Victorian character cottage in a town centre location. Walking distance to train station. South facing rear garden. Character features throughout. Offered with no onward chain. Sole agents.



£319,950 HARLOW (Purford Green)
3 double bedroom family home with a good size kitchen/dining room, utility room, sitting room, downstairs w.c., family bathroom, enclosed rear garden plus a large front garden with potential to turn into a driveway.



PRICE GUIDE £379,950 SHEERING (Primley Lane)
3 double bedroom home offered with no onward chain. Approx. 50ft garden, 3 reception rooms, kitchen, ground floor shower room plus main family bathroom. Viewing essential. Sole agents.



£329,950 SAWBRIDGEWORTH (Orchard Lea)
2 bedroom bungalow with a single garage plus driveway giving parking for 2 cars. Offered with no onward chain. Set in a retirement village for the over 55's. Rarely available. Call now for brochure. Sole agents.



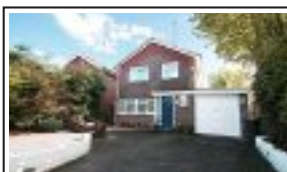
FROM £395,000 TO £450,000 SAWBRIDGEWORTH
4 brand new houses and bungalows. Available to view for the first time this Saturday from 11am. Please phone for appointment. Built to an extremely high spec in this much sought after location. Handy for schools and just a short walk to town and station.



£435,000 SAWBRIDGEWORTH (School Lane)
Offered with immediate vacant possession and no onward chain. 3 bedroom semi-detached townhouse with a good size garden, detached garage, parking. Very handy for schooling. Short walk to station. Sole agents.



£469,950 HATFIELD BROAD OAK (Cannons Lane)
Spacious 3 double bedroom semi-detached family home with excellent parking and a 140ft garden. Beautifully appointed with a large sitting room, large dining room, kitchen/breakfast room, utility, downstairs cloak/shower room, luxury bathroom. Sole agents.



£512,500 SAWBRIDGEWORTH (Brook Road)
3 bedroom extended family home with a landscaped south facing rear garden plus a driveway and parking for 3-4 cars. Sitting room, large conservatory/family room, kitchen, utility, t.v. room/study, 3 good size bedrooms and a high quality bath/shower room. Sole agents.



£575,000 HATFIELD HEATH (The Shaw)
4 bedroom detached family home with a large kitchen/breakfast room, separate lounge and dining room, study, conservatory, south facing garden, double garage. Offered with vacant possession and no onward chain. Sole agents.



£575,000 HATFIELD HEATH
Imposing Victorian semi-detached house. Close to village centre. 3 reception rooms, large kitchen/breakfast room, 4 bedrooms, en-suite to master, 45ft garden. Well presented. Sole agents.



£760,000 WRIGHTS GREEN
Beautifully presented detached family home overlooking the National Trust green. 4 bedrooms, luxury en-suite and family bathroom, large games room, kitchen/family room, study/office, large living room, separate dining room, landscaped garden. Owners found and ready to move. Sole agents.



£789,950 GILSTON
Modern 5 bedroom detached family home with an enormous kitchen/dining/family room with bi-folding doors, good size sitting room, playroom, utility room, 5 bedrooms, 2 en-suites and family bathroom, enclosed rear garden, garage and driveway. Excellent condition throughout.



£935,000 HIGH WYCH
5 bedroom detached family home in this exclusive gated development. Very good for commuting. 4 large reception rooms, beautiful high gloss kitchen, utility, 2 en-suite bedrooms, 2 further bath/shower rooms, landscaped gardens, double garage. Owner found and ready to move. Chain free.



£1,245,000 GREAT DUNMOW (Ongar Road)
17th Century barn conversion in just over 1 acre with an independent annexe/cottage. Just in excess of 4,000 sq ft. Beautifully presented. Stunning Views. Tennis Court, pavilion and excellent parking. 5 mins to Great Dunmow and 10 mins to Felsted. Sole agents.



£735pcm BISHOPS STORTFORD (Red Lion Court)
Top floor one bedroom apartment situated in an ideal central location just a few minutes walk from mainline station. Well maintained throughout, UPVC double glazed windows, Economy 7 electric storage heaters and allocated parking. Available mid Feb.



£800pcm BISHOPS STORTFORD (Grove Place)
2 bedroom mid terrace Victorian cottage in a sought after location. Comprising living room and fitted kitchen, good size bedroom plus further single room/study and bathroom. Courtyard rear garden, outbuilding, keys held available now.



LITTLE HALLINGBURY (New Barn Lane)
Detached 3 bedroom unfurnished annexe situated in a quiet rural location. Open plan living area and kitchen, windows on dual aspect, fitted appliances, three good sized bedrooms, family bathroom and separate w.c. Off road parking. Available early September.



£1275pcm SAWBRIDGEWORTH (The Crest)
3 bedroom extremely well presented family home only a short walk from amenities. 3 bedrooms to first floor plus shower room, with a sitting room opening through to kitchen/diner to ground floor, garden to rear and casual parking to front. Unfurnished and available immediately.



£1295pcm LEADEN RADING (St Michaels Mews)
3 bed family home set over three storeys. Bright lounge with French doors overlooking the rear garden, separate kitchen, downstairs w.c, 2 double bedrooms and family bathroom to the 1st floor and a master bedroom with en-suite to the 2nd floor. 2 allocated parking spaces, rear garden.



£1495pcm SAWBRIDGEWORTH (Bickerton Court)
1200sqft duplex apartment in a newly constructed development only a short walk to the station. Comprising huge lounge/dining room with balcony, fitted kitchen, 2 bedrooms and 2 bathrooms. Parking, gas fired central heating.



£1495pcm SAWBRIDGEWORTH (Mabeys Walk)
3 bedroom semi-detached family home offering good size accommodation, with 3 bedrooms and family bathroom to the first floor, large lounge/diner to the ground floor and kitchen/breakfast room. Integral garage. Garden. Available mid Feb.



£1600pcm LITTLE HALLINGBURY
3/4 bed detached chalet bungalow. Entrance hall, downstairs w.c and shower room, utility, kitchen with breakfast area, sitting room and dining room/bed four. 1st floor comprises main family bathroom and further 3 bedrooms. Garden and garage with parking to front. Available mid February.



£1795pcm BARNSTON (Bishops Green)
3 bedroom detached chalet bungalow set in just over three acres which is maintained. Entrance hall, ground floor bedroom with bathroom, kitchen/breakfast room, utility, sitting room, dining area, study, with 2 bedrooms and shower room to the first floor. Ample parking, detached double garage.



£2975pcm BISHOPS STORTFORD (Nightingales)
3000sq.ft 5 bed period property with two luxury en-suite shower rooms and a family bathroom. 4 reception rooms, a large kitchen, w.c. Parking for 4 cars, double garage. Only an 8 minute walk to station and town center. Available mid March.

haart

Harlow
01279 443 311

Call us 8am - 10pm everyday



Detached Family Home £475,000

Ashworth Place, Church Langley EPC D

Located in a popular turning on Church Langley and facing onto a woodland is this David Wilson Homes built detached 4 bedroom family home with garage and en-suite to master bedroom. Call haart to book your viewing today. Ref 14127
A Must View



Guide Price £380,000 - £400,000

Detached Family Home EPC D

Wedgewood Drive, Church Langley
Located on the Church Langley area is this detached home. This property offers many benefits including a driveway with parking, fitted kitchen-diner and a garage. Ref 14102
View By Appointment



Potential To Extend OIEO £325,000

Davenport, Church Langley EPC TBC

haart are delighted to offer for sale this chain free three bedroom end of terrace home with allocated parking and conservatory. The property has the potential to build on the side, subject to planning permission. Ref 13792
Viewing Advised



Guide Price £259,950

Popular Location EPC C

Challinor, Church Langley
Located on the popular Church Langley development is this two bedroom terraced home, offering a ground floor WC and allocated parking for two cars. Ref 13965
Pick Up And Dial



On Top Of It All £350,000

Northbrooks EPC D

Conveniently located in a cul-de-sac turning close to Harlow town centre with a range of shopping and leisure facilities, is this three bedroom semi-detached family home with garage to the side, call haart today to book a viewing. Ref 14128

- Detached Family Home
- Three Bedrooms
- Garage With Own Drive
- Two Reception Rooms

Call Today

- Fitted Kitchen
- Ground Floor WC
- Close To Town Centre
- Viewing Advised



Modern Living
Church End

£275,000

EPC D

Located on the outskirts of Harlow is this stunning two bedroom end of terrace home benefiting from a spacious lounge and a separate dining room. The property is ideal for anyone looking to get on the property ladder or downsize. Ref 14125

Call To View



Start Making Memories
The Readings

£299,995

EPC C

Your family's next home could be this three bedroom home with a modern fitted kitchen and a recently re-fitted bathroom in a sought after turning in Harlow, offered chain free and is located close to primary and secondary schools. Ref 14151

Dont Miss Out



Guide Price £230,000 - £240,000

Sold Yet Another EPC C

Torkildsen Way
This well presented two bedroom top floor flat has now been sold STC. If you are thinking of selling, call today to book in your free valuation. Ref 13913
Thinking Of Selling?



Guide Price £270,000 - £290,000

Well Presented Family Home EPC C

Potters Field
Looking for a family home? Then make this property a priority to view. Located in Potter Street is this well presented three bedroom home. Ref 14071
Why Wait? View Now!



Guide Price £290,000 - £300,000

Great Sized Family Home EPC D

Ladyshot
Are you looking for a great family home? Then look no further than this three bedroom semi detached home with conservatory with a refitted kitchen and ground floor W.C. Ref 13506
Must View



Let your property for free this month

6 months free trial

Portal advertising:

- ✓ 1 month on Zoopla
- ✓ 1 month on Rightmove
- ✓ 1 month on PrimeLocation
- ✓ 1 month on 100+ partner sites

Landlord basics:

- ✓ Tenant enquiry management
- ✓ Free referencing tool
- ✓ Free AST lease and e-sign feature
- ✓ Access to bookable key-holder community
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PROPERTY NEWS

SURVEY SHOWS CONFIDENCE IN THE PROPERTY MARKET

Research finds 88% of the region's homebuyers still consider property to be a good long-term investment

A recent survey by estate agents and chartered surveyors, Fenn Wright, shows homebuyers in East Anglia remain positive about the market, with 88 per cent agreeing that property is a good long-term investment.

The agency interviewed 370 intending purchasers registered with the firm for property across all of their branches, half of whom were hoping to move in the first quarter of 2018.

The survey also revealed that 72 per cent of buyers predicted in the next year prices would increase or remain stable, although more than a quarter (28 per cent) thought prices could decrease in the same period.

Alan Williams, managing partner, commented: "I think buyers are right to expect the housing market to remain fairly constant, as demand continues to

outstrip supply and rising rent prices make buying more attractive."

"The purchasers we spoke to in Essex and Suffolk have a realistic approach to the medium and long-term outlook for the property market in the region. We have seen the market rebalancing a little in the second half of 2017, which creates opportunities for buyers to have a little more choice and, in some circumstances, to negotiate a better deal for themselves."

PROSPECTS

"When asked their views about the longer term prospects (2019-2021), a higher proportion of respondents (80 per cent) predicted increasing or stable prices, but 20 per cent believe that prices could decrease.

Alan comments: "These results are a useful snapshot of market sentiment. We have a sophisticated and well-informed audience, some of whom are prepared to buy even if their expectation is that prices might fall. This is ultimately because they

have faith in the long-term value of property given the popularity of our region and the huge demand for housing.

"I think these results tell sellers that their pricing strategy in 2018 needs to be correct at the outset if they want to engage the buying audience. Interest shown in a property usually spikes in the first two weeks and it can be an uphill climb if a property remains unsold in the longer term. The key is to be more open to buyer feedback, which means getting the support of an experienced estate agent who fully engages with buyers on a daily basis, and can give you useful and informed feedback.

"Just this week, we have agreed sales on premium properties listed with our Signature team, townhouses and apartments and we have buyers out and about viewing with serious intent. With this context in mind, we would expect the market to favour sellers a little more in the peak buying season of spring and early summer."



Fenn Wright's Alan Williams say buyers are realistic

FIVE REASONS TO BUY A NEW-BUILD HOME

FIGURES show that 39% of people in Essex state they are likely to buy a new-build home.

The survey, which has been conducted by local house-builder David Wilson Homes, which is building new homes at a range of developments across Essex, revealed that new-build homes are proving very popular.

As a result, David Wilson Homes has compiled its top five reasons why people looking to move house should always choose new over old.

Most of these reasons come

from homebuyers' surveys which highlight the fact that new homes generally offer a range of benefits that the second-hand market cannot hope to match. Moreover, the Budget announcement that first-time buyers are now exempt from Stamp Duty (on properties up to £300,000) means that there is another compelling reason to get on the property ladder now.

David Wilson Homes' top five reasons to buy new are:

■ **Save on your energy bills** - new homes are built to the

latest environmental standards and could be up to 55% more energy efficient than an upgraded Victorian home.

This means you're getting a home that is greener, warmer and more efficient to run.

■ **Put your own stamp on your home** - The housebuilder's Expressions range allows purchasers to add the final finishing touches to make their home individual. Buyers securing a home off-plan or at an early stage in the build process are able to specify a range of things from upgrad-

ing a kitchen or bedroom, to choosing carpets and furnishings.

■ **Cutting edge designs** - David Wilson Homes design each of its properties with quality, the customer and modern living in mind. The homes prioritise space, and with free-flowing living and dining areas that encourage natural light into the spacious rooms. The expertly crafted homes provide generously sized bedrooms that give each member of the family their own space to enjoy, whilst also having

large social areas where quality time can be spent together.

■ **Bespoke incentive packages** - A wide range of schemes are available when you choose to move into a brand new home, ensuring it's as easy and stress free move as possible. These include the government backed Help to Buy scheme which allows purchasers to secure a new home with just a five per cent deposit and David Wilson Homes' bespoke Movemaker and Part Exchange schemes.

■ **Five star housebuilder** - David Wilson has been awarded the maximum five star official rating from the Home Builders Federation (HBF) for the eighth time in a row following the results of the annual Home Builders Federation customer satisfaction survey.

David Wilson Homes currently has homes available in Essex at its Kingswood Place development in Elsenham.

For more information call 0844 811 3888 or visit www.dwh.co.uk

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WHEELS

TEST DRIVE: Bentley Bentayga Diesel review by Ian Donaldson

POINTLESS YET PRACTICAL

AT A GLANCE

- **Model:** Bentley Bentayga Diesel
- **Price:** £135,800
- **Mechanical:** 429bhp, 3,956cc, 8cyl diesel engine driving four wheels via 8-speed automatic gearbox
- **Max speed:** 168mph
- **0-62mph:** 4.8 seconds
- **Combined mpg:** 35.8
- **Insurance group:** 50
- **CO2 emissions:** 210g/km
- **BIK rating:** 37%
- **Warranty:** 3yrs/unlimited



Here's a car that combines pointless excess and surprising practicality better than almost anything else on the road.

But you can do something about the excess before you buy and the practicality is still there for the taking for the length of your ownership.

First, the excess. After choosing the diesel engined version of Bentley's ship-sized and high selling Bentayga SUV you'll be faced with an options' list as long as a well tailored arm.

One of the boxes you can tick adds £2,995 to the bottom line for a dash mounted Breitling clock with dark mother of pearl

face and – not joking here – ringed with eight small diamonds. So it's both naff and impossible to read at the same time.

So, with nearly three grand back in your pocket, we proceed to the practicality part of the Bentayga equation.

Choose diesel as fuel and you save £26,900 over the cost of the full fat 12-cylinder petrol model, losing only modestly in the performance stakes. You may find that 168mph and zero to 62mph in 4.8 seconds is sufficient after all.

It certainly feels plenty fast enough, if not as bonkers quick as the petrol W12. Quite near the just announced V8 petrol Bentayga, though, and a miniscule £400 cheaper.

Your respect for the performance will then turn to astonishment when you glance the fuel consumption readout – over 500 miles the Bentayga diesel on test managed 31.6mpg, and touched 40mpg-plus on a gentle motorway run.

For such a huge and heavy car that's close to miraculous and made the 17.6mpg from the W12 driven some months earlier seem utterly dipso. It means an easy 500 miles per 18 gallon tankful and much less messing about at the pumps for the Bentley's time pressed owner.

And more time to enjoy driving a car that does a fine job of defying physics by making its 2.5 tonnes feel like a lighter vehicle when corners arrive – although never like a smaller one.

This is a very big machine, casting shadows over almost anything else in the car park and wide enough to make city driving an exercise in width judgement as the grocery deliveries van hurls towards you at must-make-the-slot speed.

In its element (wide, open road) the Bentayga is a near perfect way to transport four lucky people as far as they'd like to go, cocooned in leather lined luxury in a cockpit that makes you feel special every time the

doors pull themselves closed the last few millimetres, thus saving you the bother of slamming them shut.

Despite its gargantuan bulk the Bentayga is merely very adequately spacious in the rear – not leg-stretchingly roomy – and the boot, while regularly shaped is modestly sized against something like... a Skoda Superb.

Bentley ownership is higher on the feel good factor and the Bentayga does not disappoint, especially with a list of optional extras that extends from TV screens in the rear (£965) to ventilated front seats with massage function (£2,805). And that clock, if you must.



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WHEELS

TEST DRIVE: Mitsubishi L200 Warrior Double Cab Auto by Lee Gibson

BIG VEHICLE, BIG SAVINGS

Pick-up trucks are enjoying something of a boom at the moment as business buyers cotton on to the huge cost-saving benefits available to those prepared to forego a more traditional company car.

In the eyes of the tax man these workhorses are classed as light commercial vehicles and with this status, as any shrewd accountant will point out, come tax breaks.

For company car drivers, a pick-up attracts flat-rate benefit-in-kind tax which compares very favourably to the more usual fleet options, while for businesses buying one not only can much of the VAT be reclaimed but the purchase price can also be written off against capital allowances.

All of this adds up to a financial incentive which, in the cash-strapped austerity era, is attracting small business owners beyond the



more traditional market of builders, plumbers, sparkies and other tradesmen.

Understandably, this trend has tempted more carmakers to chase a piece of the action, with the likes of Fiat, Citroen and even Mercedes-

Benz launching trucks of their own.

Newcomers face some stiff competition from the established big-hitters though – and the Mitsubishi L200 is certainly one of those.

It has been at the core of the Japanese brand's range for more than 30 years and the current Series 5 version has bagged numerous awards, including the Auto Express Pick-up of the Year gong three times in a row and Carbuyer's equivalent for the last two years.

Powered by a durable and willing 2.4-litre turbodiesel engine, with huge pulling power (now up to 3.5 tonnes braked) and with Mitsubishi's renowned 4x4 prowess it possesses all the attributes required for a proper go-anywhere working vehicle.

A basic, utilitarian 4Life version is available in single and extended club cab as well as full double cab configuration for buyers who need just that but for those looking to use the L200 as a family and lifestyle motor too the rugged-sounding Titan, Warrior and Barbarian double cab variants are the

ones to consider. These add design touches, creature comforts and equipment that bring the pick-up much closer to a more mainstream SUV in terms of style, refinement and comfort.

While a truck will never be as nimble and responsive as a car, Mitsubishi have worked hard to make driving the L200 as easy and uncomplicated as possible.

It has one of the smallest turning circles among its competitors and the light steering can go from lock to lock in 3.8 turns of the wheel, making manoeuvring as straightforward as it can be in a vehicle of this size.

Although there is some diesel rattle under acceleration, the power pack is impressively quiet when trundling around town or at a steady cruise and when mated to the five-speed automatic transmission offers smooth, relaxed progress – although the six-

speed manual option boasts slightly better fuel economy.

Body roll is well controlled and the Super Select version of the 4x4 system in higher grade models offers four modes, from two-wheel drive to ultra low ratio all-wheel drive, to cope with all driving conditions and terrains.

The double cab will hold five adults, with good head and leg room all-round, and in Warrior trim features creature comforts such as leather upholstery, dual-zone climate control, four-way electric driver's seat, heated front seats, keyless entry and ignition, touchscreen multimedia interface, reversing camera and satnav.

And with a load-deck that can carry more than a tonne and the option of adding a removable hard-top cover you've also got a 'boot' that knocks anything any conventional car could offer into a cocked hat.

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PEUGEOT RECOMMENDS TOTAL. Official Fuel Consumption in MPG (l/100km) and CO2 emissions (g/km) for the 2008 SUV Range are: Urban 47.1 – 65.7 (6.0-4.3), Extra Urban 65.7 – 85.6 (4.3-3.3), Combined 57.6 – 76.3 (4.9-3.7) and CO2 114 – 96 (g/km). For the 3008 SUV Range are: Urban 37.2 – 67.3 (7.6-4.2), Extra Urban 55.4 – 80.7 (5.1 – 3.5), Combined 47.1 – 70.6 (6.0 – 4.0), CO2 136 – 103 (g/km). For the all-new 5008 SUV Range are: Urban 36.2 – 62.8 (7.8 – 4.5), Extra Urban 53.3 – 72.4 (5.3 – 3.9), Combined 46.3 – 68.9 (6.1 – 4.1) and CO2 140 – 106 (g/km). MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only and may not reflect actual on-the-road driving conditions.

We act as credit brokers and are not a lender. *Subject to availability and on selected models only. Models shown are 2008 SUV Allure 1.2L PureTech 82 at £99 Advance Payment, 3008 SUV GT Line 1.2L Puretech 130 565 at £1699 advance payment, all-new 5008 SUV Allure 1.2L PureTech 130 at £1,899 Advance Payment. Nil Advance Payment is available for the 2008 SUV Active 1.2L PureTech 82. Available to those in receipt of the Higher Rate Mobility Component of the Disability Living Allowance (DLA), the Enhanced Rate Mobility Component of the Personal Independence Payment (PIP), War Pensioners Mobility Supplement (WPM5) or Armed Forces Independence Payment (AFIP). All offers available on qualifying vehicles ordered and registered between 01/01/2018 and 31/03/2018 or until such time as they may be withdrawn by PEUGEOT at its complete discretion Bristol Street Motors Peugeot is a subsidiary of Bristol Street Fourth Investments who is a credit broker authorised by the Financial Conduct Authority. We will introduce you to a number of lenders. Information and offer correct at time of going to press. For full terms and conditions, please visit peugeot.co.uk/motability for details.

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WHEELS

TEST DRIVE: Peugeot 3008 GT Line 1.2 PureTech 130 by Patrick James

SUPERIOR CROSSOVER

It is a sign of Peugeot's confidence that it can turn an already top notch product into something even better.

The 3008 has been one of the best crossovers on the market, offering practicality a reasonable price considering the comprehensive range of standard kit on even the entry level model and economical running costs.

The new 3008 is completely different, a completely new car except it still offers practicality, a reasonable price considering the range of standard kit on even the entry level model and economical running costs.

It remains a practical family motor with various seating combinations to accommodate all sorts of loads and family members, and while not being the off-roader it resembles, offers traction-enhancing Grip Control for those tricky road

conditions at a £470 premium.

The GT Line model tested here features an efficient yet feisty three cylinder 1.2-litre petrol engine, delivery good fuel economy and a surprising amount of pace for a car of this size. It is one of a range of engine which also include the 1.6L THP, while four diesel variant includes all include the fuel saving BlueHDi technology and CO2 emissions starting from just 103g/km.

If the Nissan Qashqai set the bar for the new crossovers a few years ago, then the new 3008 has moved the bar higher

It is a real head-turner with a dynamic profile, with swooping lines, eye-catching alloys and two radiator designs. It looks sleek and rugged at the same time, with raised ride height giving that impression of an off-roader.

The GT Line and GT feature a chiselled chequered

grille combined with full LED headlights for a sleek, feline look that features on most Peugeots.

The rear is as striking as the front with feline-looking cat claws rear light LED clusters, while this model features the gloss black roof and black rear panel which incorporates the lights. Chrome roof rails and trim to sills add to the sophisticated look.

There is plenty of head and legroom for five occupants and the cabin has a real upmarket feel.

Peugeots are right up there now with interior quality, and you would be hard pressed to distinguish from the more expensive German executive vehicles.

From the soft touch trim to dash and doors, small steering wheel, signature inserts and state of the art digital i-Cockpit, which features a configurable 12.3 inch head-up digital instrument panel and an

eight inch touch-screen, high tech features abound.

A new innovation is a row of switches, resembling a music keyboard which operate other key functions.

All models are well equipped and this model adds some real high-end stuff which includes leather, electrically heated front seats, electric panoramic sunroof, dimming mirror and full LED self-levelling lights and powered tailgate.

The central touchscreen controls major functions such as sat nav and music system as well as connectivity for your Apple or Android phone through Carplay or MirrorLink.

On the road the gutsy 1.2-litre Puretech petrol engine, mated to a six-speed gearbox is an engaging drive. The 130bhp unit has plenty of grunt and the signature throaty rasp of the three cylinder engine adds a sporty element.

Switch to sport mode and



it will propel the car to 60mph in just over 10 seconds, while torque is excellent for motorway overtaking.

The ride is comfortable, but the high stance means the car can be unsettled on lesser roads.

Economy is good with an official figures of around 55mpg, while emissions are low at 117g/km. Boot space is among the best in its class and the 520 litres and can be increased with split folding rear seats, as in all good SUV/crossover vehicles.

There is plenty of space for you average family and a bit

more besides. There are also plenty of other storage areas.

The range starts from £21,795 with even the entry level model having an extensive range of safety kit and goodies like autonomous emergency braking and lane departure warning are standard too.

Petrol engine versions also include the 1.6L THP, while four diesel variant includes all include the fuel saving BlueHDi technology.

The latest 3008 is quantum leap from the old car. It's a real looker and at just over £25,000 for this range topper, offers real value.

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17 (17)	Kia Cee'd 1.6 Diesel '2' 5dr 6 Speed Manual, Met Planet Blue, 14,000 Miles, Sat Nav With Reversing Camera & Rear Parking Sensors, Alloys, Bluetooth, Cruise Control, Climate Control, Air Con	£13,690
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17 (17)	Kia Cee'd 1.6 Diesel '2' 5dr 6 Speed Manual, Met Planet Blue, 11,000 Miles, Sat Nav With Reversing Camera & Rear Parking Sensors, Alloys, Bluetooth, Cruise Control, Climate Control, Air Con	£13,990
17 (17)	Kia Cee'd 1.6 Diesel '2' Estate S/W 5dr 6 Speed Manual, Met Planet Blue, 8,000 Miles, Sat Nav With Reversing Camera & Rear Parking Sensors, Alloys, Bluetooth, Cruise Control, Climate Control, Air Con	£14,295
17 (17)	Kia Cee'd 1.6 Diesel S/W Estate '3' 5dr 6 Speed Manual, Met Blue, 9,000 Miles, Sat Nav With Reversing Camera, Half Leather Interior, Alloys, Bluetooth, Cruise Control, Air Con	£14,990
17 (17)	Kia Sportage 1.7 Diesel Automatic '2', Black, 13,000 Miles, Sat Nav With Reversing Camera & Rear Parking Sensors, Alloys, Bluetooth, Cruise Control, Air Con, Privacy Glass	£19,295
16 (66)	Kia Sportage (New Shape) 2.0 Diesel 'XX-2' Automatic, Dark Gunmetal Grey, 14,000 Miles, Sat Nav With Reversing Camera & Rear Parking Sensors, Alloys, Bluetooth, Cruise Control, Air Con, Privacy Glass	£20,495
16 (16)	Kia Optima 1.7 Diesel '4' (Flag Ship Spec) 4dr Automatic, Met Blue, 10,000 Miles, Sat Nav With Reversing Camera & Rear Parking Sensors & 360 Exterior Camera, Full Leather Interior, Heated/Cooled Seats, Panoramic Roof, Self-Park, Special Alloys, Bluetooth, Cruise Control, Climate Control, Air Con, A Really Top Spec Car!	£20,690



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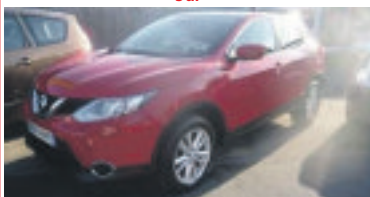
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Monthly Price From £193.68

2011 Renault Megane Dynamique Tomtom Tce



£5,995

ABS, Multiple Airbags, Power Steering, Air Conditioning, Cruise Control, Satellite Navigation, Electric Windows, Electric Mirrors, Panoramic Sunroof, Half Leather, Remote Central Locking, CD Player, Electric retractable hard top

Monthly Price From £137.97

2014 Ford Fiesta Style 3dr



£6,995

ABS, Multiple Airbags, Power Steering, Air Conditioning, Bluetooth, Electric Windows, Electric Mirrors, Remote Central Locking, CD Player, AUX Input

Monthly Price From £126.18

2011 Vauxhall Corsa Energy 3dr



£4,495

ABS, Multiple Airbags, Power Steering, Air Conditioning, Electric Windows, Electric Mirrors, Remote Central Locking, CD Player

Monthly Price From £104.68

ZERO DEPOSIT FINANCE

2011 (61) BMW 730 Diesel Automatic,

Black, Alloy Wheels, Climate control, cruise control, parking sensors, SAT NAV, Bluetooth, Heated electric leather seats, Remote locking, e/mirrors, 43,000 miles

Sale Price £16,995 - £106 per week

2014 (64) Nissan Qashqai 1.2,

Red, Alloy Wheels, Air Con, Panoramic roof, Cruise control, Parking sensors, SAT NAV, Remote Locking, E/Windows, E/Mirrors, Reversing camera, one owner, 34,000 miles only

Sale Price £11,995 - £75 per week

2010 (60) Peugeot RCZ 1.6 Hdi,

white, alloy wheels, air con, remote locking, full heated electric leather seats, e/windows, e/mirrors, cruise control, parking sensors, CD player, 9,000 miles only

Sale Price £10,995 - £65 per week

2014 (64) Hyundai ix35 1.6,

Black, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, One Owner, 35,000 miles only

Sale Price £10,995 - £69 per week

2011 (61) Nissan Qashqai N-Tec

grey, panoramic roof, reversing camera, sat nav, e/windows, e/mirrors, alloys, remote locking, 49,000 miles

Sale Price £9,995 - £62 per week

2012 (12) Peugeot RCZ 1.6,

Grey, alloy wheels, air con, full leather heated seats, remote locking, cruise control, SAT NAV, parking sensors, e/windows, e/mirrors, 61,000 miles

Sale Price £8,495 - £53 per week

2014 (64) Ford Fiesta 1.2 3dr,

Red, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, One owner, 19,000 miles only

Sale Price £6,995 - £44 per week

2011 (61) Ford Focus, 1.6 TDCi,

Grey, Alloy Wheels, Air Con, Remote Locking, Bluetooth, Parking Sensors, E/Windows, E/Mirrors, CD Player, 60,000 miles

Sale Price £6,995 - £44 per week

2011 (11) Mini Cooper D, 1.6, Diesel

Goodwood Green, e/windows, e/mirrors, cruise control, CD player, alloys, half leather, Diesel, air con

Sale Price £6,995 - £44 per week

2011 (11) Hyundai i30 CRDi Automatic 1.6,

blue, 10,000 miles only, e/windows, e/mirrors, air con, CD player

Sale Price £6,695 - £42 per week

2013 (63) Fiat 500 1.2,

White, alloy wheels, remote locking, panoramic roof, Bluetooth, e/windows, e/mirrors, one owner, 30,000 miles only

Sale Price £5,995 - £38 per week

2011 (61) Renault Grand Scenic 1.5 Dci

Automatic, red, alloy wheels, remote locking, e/windows, e/mirrors, cruise control, 29,000 miles only

Sale Price £6,395 - £41 per week

BIG SALE NOW ON

2010 (60) Renault Scenic 7 seat DCI,

Bronze, air con, e/mirrors, e/windows, 58,000 miles, 2 owners, CD player

Sale Price £5,995 - £38 per week

2011 (11) Renault Megane 1.4 convertible,

Grey, Alloy Wheels, Air Con, electric hard top, Panoramic roof, SAT NAV, half leather seats, Remote Locking, E/Windows, E/Mirrors, Cruise Control, CD Player, 46,000 miles

Sale Price £5,995 - £38 per week

2011 (11) Ford Focus Titanium,

Silver, 1.6, alloy wheels, e/mirrors, cruise control, Bluetooth, 43,000 miles

Sale Price £5,695 - £37 per week

2013 (63) Fiat 500 1.2,

Black, alloys, air con, CD player, e/windows, e/mirrors, remote locking, only 23,000 miles

Sale Price £5,995 - £38 per week

2010 (59) Volvo C30 1.6 Diesel,

Orange, Alloy Wheels, Air Con, Remote Locking, Cruise Control, E/Windows, E/Mirrors, 38,000 Miles

Sale Price £5,495 - £35 per week

2013 (63) Peugeot 107 1.0

red, alloy wheels, air con, remote locking, e/windows, e/mirrors, Tax, 12,000 miles only

Sale Price £4,995 - £31 per week

2010 (60) Citroen C3 Picasso 1.6 VTR + HDI,

Blue, alloys, air con, cruise control, parking sensors, remote locking, e/windows, e/mirrors, £30 a year Tax, 23,000 miles only

Sale Price £4,995 - £31 per week

2011 (11) Vauxhall Corsa 1.2

3 door, Silver, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, One Owner, 65,000 miles

Sale Price £4,495 - £28 per week

2010 (10) Citroen DS3 1.4,

Blue, alloys, air con, CD player, e/windows, e/mirrors, central locking, 40,000 miles

Sale Price £5,395 - £34 per week

2012 (12) Citroen C1 1.0

Silver, Air Con, e/windows, E/Windows, CD Player, 51,000 Miles

Sale Price £3,995 - £25 per week

2008 (58) Renault Megan Convertible, Diesel,

Grey, panoramic roof, e/windows, e/mirrors, alloys, cruise control, air con, full leather interior, 53,000 miles

Sale Price £3,995 - £23 per week

2007 (57) Volkswagen Eos 2.0 Diesel,

blue, alloy wheels, air con, heated leather seats, cruise control, remote locking, e/windows, e/mirrors, electric power hood, 90,000 miles

Sale Price £3,695 - £24 per week

2008 (08) Ford Focus 1.6 TDCi,

Silver, £30 per year Tax, e/windows, e/mirrors, alloys, remote locking, 120,000 miles

Sale Price £2,995 - £19 per week

PART EXCHANGE

2001 (51) Mercedes C180 Coupe,

Auto, alloys, a/c, remote locking, e/w, e/m 112k

Sale Price £1,695

2010 Peugeot RCZ HDi GT



£10,995

ABS, Multiple Airbags, Power Steering, Air Conditioning, Bluetooth, Cruise Control, Electric Windows, Electric Mirrors, Heated Seats, Electric Seats, Full Leather, Remote Central Locking, CD Player

Monthly Price From £248.95

2010 Volvo C30 D Drive S 3dr



£5,495

ABS, Multiple Airbags, Power Steering, Air Conditioning, Electric Windows, Electric Mirrors, Heated Seats, Remote Central Locking, CD Player

Monthly Price From £126.87

2012 Ford Focus Zetec Tdci 5dr



£6,995

ABS, Multiple Airbags, Power Steering, Air Conditioning, Bluetooth, Parking Sensors, Electric Windows, Electric Mirrors, Remote Central Locking, CD Player

Monthly Price From £160.16

2011 Nissan Qashqai N-Tec 5dr



£9,495

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The car has been excellent and we are trading
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Paintwork is excellent, some markings on the
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All the tyres have good amounts of tread depth.

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Saturday 10th February • 10am - 4pm

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As we continue to grow, we are recruiting for our Team for Summer 2018 to play a pivotal role in our ongoing success.

If you are interested in joining our Team as **Cabin Crew**, **Passenger Service Agent**, **Ramp Agent** or **Baggage Loader** based at **London Stansted Airport**, we would love to meet with you to provide you with information about our current opportunities and life working at **Jet2.com**.

As part of our professional and dedicated Team, you'll help our customers feel their holiday has started from the moment they arrive at the airport, making them feel relaxed, safe and comfortable while providing a **VIP customer experience** at all times.

In return for your experience and skills, we are offering a competitive salary, great benefits and an open and friendly atmosphere to progress your career.

Please bring your CV and the original documents and photocopies of your proof of Right to Work (Passport, Birth Certificate, National Insurance Number, Proof of Address and Driving Licence) on the day.

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YOUR MEDIA CAREER STARTS HERE

DIGITAL ACCOUNT MANAGER

Salary: £Competitive Salary + Commission + Car + Bonus + Benefits Annual

Job Introduction

With one of the fastest growing digital audiences in the UK, and a compelling range of multi-channel, digital marketing solutions now sitting proudly in our kitbag, we've got some truly outstanding opportunities for sales professionals who share our passion for digital marketing.

As demand for our services grows, we're looking for outstanding sales and account management talent to expand our team of digital sales consultants working across Cambridge to win new business and to develop mutually profitable marketing relationships. There is huge potential for success and career progression for the right candidates.

As a Digital Account Manager you will be responsible for understanding the needs and objectives of the businesses you will be contacting, and then providing the best digital marketing solutions to achieve and surpass them. Typically you will spend one day a week based in the office sourcing and engaging with local businesses, and you will be responsible for arranging your own sales visits.

About us

Trinity Mirror Group is one of the largest national and regional multimedia content publishers in the UK, comprising national and regional news brands across the country.

We publish more than 150 newspaper titles across the UK & Ireland, from the national presence of the Daily Mirror, the Daily Record, the Sunday Mirror, the Sunday People and the Sunday Mail, to local favourites such as the Liverpool Echo, Welsh Daily Post and Chester Chronicle.

We have a network of more than 80 websites providing 24/7 coverage of the news, sport and showbiz stories that matter to more than 110m unique browsers every month via mobile, desktop, social and newspaper brands.

We are a dynamic and growing media business and are 'Everywhere, Every minute, Every day' and commercially provide creative, response driven marketing solutions to both local, national and international businesses.

Trinity Mirror Plc

PART-TIME MEDICAL RECEPTIONIST REQUIRED

The Ross Practice, Bush Fair, Harlow
Monday to Friday Hours between
12 noon and 6.30pm (26.5hrs in total)
Flexibility for sickness and holiday cover is essential

We are looking for a proactive, enthusiastic medical receptionist for our busy and forward thinking GP Surgery.

The role involves interaction with the public both face to face and over the phone and performing administrative tasks.

Customer service experience, IT skills and previous experience of working in General Practice is desirable but not essential.

Please email your CV to Frances.Herring@nhs.net together with a covering letter explaining why you should be considered for this position.
Closing date: Friday 16th February 2018 17.00hrs

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Sold £45



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PRODUCTION OPERATIVE

LUMINESCENCE International Ltd, Harlow are looking for a Production Operative to join our manufacturing team. candidates should have good numeracy and literacy skills and be able to follow instructions.
No experience necessary, Pay Negotiable.

WAREHOUSE/DISPATCH OPERATIVE

LUMINESCENCE International Ltd, Harlow are looking for an experienced Warehouse/Dispatch Operative.
Duties include:
Goods Inwards acceptance.
Stock control/stocktaking using PC and barcode system.
Forklift truck operation. Final product dispatch.
Management of quarantine, recycling and waste.
Candidate's should understand stock rotation and have a Forklift Truck licence and clean driving licence.
Pay Package offered is negotiable on experience.

Please send CV to jobs@luminescence.co.uk

ESTATE AGENCY SALES SUPPORT

Full time & part time bright & enthusiastic people required to help and support our sales team in one of our busy local offices.
Role will include viewings, telephone work, canvassing & general office administration.
Experience is not essential as full training will be given.

The successful candidate will have a good telephone manner, a full driving licence, be able to work under their own initiative and have a great team ethic.



Please email your CV to kelly.greenwood@kings-group.net for an immediate interview.

ACCOUNTS CLERK - BISHOPS STORTFORD

Salary up to 19k pa - 35 hours p.w.

Experienced applicant sought for Full Time accounts role, involving sales, purchase and nominal ledger to trial balance, as well as assisting purchasing.
Must have sound knowledge of SAGE 50 and Excel

Send CV to johnn@speedster-it.com

EXPANDING & SUCCESSFUL COMPANY SEEKING QUALIFIED ELECTRICIAN. GENERAL MAINTENANCE ENGINEER

Must have own van & Tools.
Contact **07958 043914**
Please email CV to: enquires@react2it.co.uk

EXPERIENCED SALES NEGOTIATOR

required for new homes sales complex in Great Dunmow
To apply please send CV to 5 Marketplace, Great Dunmow, Essex, CM6 1AX or enquiries@malcolmdanford.co.uk

BAR STAFF
Required part time for the Crooked Billet Nazeing Waltham Abbey
Please call Brian on **07947 010816**

Self-serve it
FOR FREE

24/7

BarSell
marketPLACE

Construction Vacancies

We require a fully Experienced Multi-Skilled GROUND WORKER / MACHINE OPERATOR

For sites near Harlow.
Own Transport essential.
Tel. 01279 897252 or 07769 680548

HTS Group
HTS (Property & Environment) Ltd
* Proudly serving Harlow *

Vacancy Opportunities Full Time - 37.5 hours per week

HTS (Property & Environment) Ltd has been set up by Harlow District Council to provide housing repairs & maintenance and environmental services. We currently have the following full-time vacancies, offering competitive salaries with incremental increases and excellent benefits including Local Government Pension Scheme, 30 days' annual leave plus bank holidays:

- Heating/Gas Technician £25,420.89 - £26,505.26
- Site Manager £30,856.31 - £32,213.74

Should you be interested in the above role and would like a copy of the job description and personal specification to the position please call Charlotte Askew on **01279 446968**. Please submit an up-to-date CV with 2 sides of an A4 sheet explaining how you meet the points set out in the Person Specification to hr.admin@htsgroupltd.co.uk or post to HR & Communications Coordinator, HTS (Property & Environment) Ltd, Mead Park Estate, Harlow Essex CM20 2SE

Closing date: 22nd February 2018
Interviews: 26th February - 2nd March 2018

HTS are committed to equal opportunities and welcomes applications from all sections of the community.

HTS Group
HTS (Property & Environment) Ltd
* Proudly serving Harlow *

MULTI SKILLED CARPENTER 37.5 hours per week £24,765.99 p.a.

HTS (Property & Environment) Ltd was launched as a new company in February 2017 providing housing repairs & maintenance and environmental services for Harlow District Council.

We are pleased to announce that we have full-time job opportunities, serving the local community of Harlow which offer competitive salaries and excellent benefits. We are currently looking to recruit for the following position:

- Multi Skilled Carpenter £24,765.99

Should you be interested in the above role and would like a copy of the job description and personal specification to the position call Charlotte Askew on **01279 446968**. Please submit an up-to-date CV with 2 sides of an A4 sheet explaining how you meet the points set out in the Person Specification to hr.admin@htsgroupltd.co.uk or post to HR & Communications Coordinator, HTS (Property & Environment) Ltd, Mead Park Estate, Harlow Essex CM20 2SE

Closing date: 15th February 2018
Interviews: 19th February - 23rd February 2018

HTS are committed to equal opportunities and welcomes applications from all sections of the community.

Homecare Workers REQUIRED

Earn £ 7.35p - £ 8.55p per Hour
PLUS Travel Allowance and
Paid Travel Time (For Mornings, Evenings and Weekends)
Female CareWorkers for our Female Clients
Car Owner/Driver Essential
Opportunities to gain qualifications in Health and Social Care
Ring **01279 626200** (9am - 5pm)
To arrange for an informal chat

One man's
TRASH
Is another man's
TREASURE

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under **£100***

*ONLINE ONLY DEALS FREE for any item under £100, higher priced items just £10 when booked online. Excludes pets, motors and trade.

Sales From
£10.00

Motors From
£15.00

Pets From
£10.99

Free **ONLINE**
PICTURES

How to advertise



Buy&Sell wherever, whenever
you want **24/7 online!**

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essexlive.news/marketplace

BOOK ONLINE

essexlive.news/bookonline

Our friendly **Live Chat** team is waiting to help!

Call: 01462 504155

Monday - Friday: 8.30am - 5.30pm (Any item from just £10 over the phone)

TEXT YOUR AD

Text 82070

Start your text with **HARLO** followed by a space.

Advert to comprise of no more than 20 words.

£1.50, plus your network charge, all advertisements are subject to approval.

Private bookings only, under the value of £100.

TRADE ADVERTISING

BROWSE ONLINE

essexlive.news/directory

BOOK ONLINE

essexlive.news/bookonline

Call: 01992 526666

Monday - Friday: 8.30am - 5.30pm

NEWSPAPER SUBSCRIPTIONS

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when you subscribe to your local newspaper

Online: newspapersubs.co.uk

Call: 0333 2028000

Buyaphoto

essexlive.news/buyaphoto

Call: 03444 060 910

Monday - Friday: 9am - 5pm



*FREE for any item under £100, higher priced items just £10 when booked online. Excludes pets, motors and trade.

Items Wanted

24/7 Advertising for private and trade

WANTED

WANTED VINTAGE TOYS

Vintage toys and video games, Dinky Matchbox Nintendo Sega He-man Ghostbusters Amiga Trains Old Lego Models Atari Transformers Cowboy Toys Meccano You name it anything considered Back from 1920s to 2000 TOP CASH PRICE PAID

Tel: 01223 842507
or 07470267134

WANTED

brians music world

Any vinyl Records collections Lps singles 78s eps. hifi systems/ separates/old record players mostly anything to do with music. We will come to you have a look viewing cost nothing. All our calls have been successful, because we take everything no cherry picking and give good prices, just call speak to sue or myself

SUE 07943056917

BRIAN 07534142506

Tel: 01245 690062
or 07534142506

FOOTBALL PROGRAMMES WANTED

Local collector seeks especially pre-1970 items, Finals, European, England, Spurs, Arsenal, West Ham, Chelsea etc and Whole Collections.

01245 358660

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FOR FREE**



Sold £10

**BuySell
marketPLACE**
essexlive.news

WANTED

furniture

furniture wanted we collect and pay cash for your unwanted furniture anything considered from one item to whole house friendly service call Bob

Tel: 07725 040930

WANTED

RACING CYCLES/ FRAMES

1920s to 1990s Any condition.

Tel: 01642 555168
or 0790972470

WANTED

SPIRIT MINIATURES

Spirit miniature collections wanted. Also Vintage large bottles considered!

Tel: 07858 511582
or 07904686026

**Self-serve it
TODAY**



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marketPLACE**
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WANTED

BICYCLES AND SPARES

Any condition and anything pre 1980 will be considered. Town bikes, Tandems, Shoppers, Choppers, Racers, Tricycles etc. Adults and children. Also job lot of spares bought. Anything older than 1980.## no mountain bikes please ##. Local man will collect and pay cash.

Tel: 07972 630090

WANTED

MODEL STEAM ENGINES

And petrol engines, model workshops cleared.

Tel: 01787 377628
or 07811484124

Family

24/7 Advertising for private and trade

Baby & Children

MARKS & SPENCER boys black leather jacket size 7 - 8 years. Great quality and worn once so excellent condition. (Chelmsford Area) £8 Tel: 01245 469544

Baby & Nursery Equipment

LYPSKI FEEDING CHAIRS X 2. Identical chairs in blue, yellow, green. Suitable from 6 months. Both in very good condition. Price £8 each or the pair for £15 Tel: 01277 652018

MOTHERCARE Cot Teak wood Takeley cot complete with airflow spring mattress & side bumpers. Excellent condition only used 3 times by grandparents £50 Tel: 01279 862512

STAIR GATES Pair of John Lewis stair gates as new in original boxes. Fully adjustable to fit any stair width. £30 Tel: 01279 862512

GRACO CAR Seat Car seat in excellent condition as new, used by grandparents £45 Tel: 01279 862512

MOSES BASKET yellow cover good condition £5.00 Tel: 01245 475711

Luggage

LEATHER CASES 2 available both small size. Both leather one with side pocket. Excellent cond. £35 each. £35 Tel: 01245 440306 or 07918 190709

DUNLOP CASE trolley type suitable as cabin luggage, black with red trim, only used once or twice, vgc £10

Bicycles & Accessories



ECO BIKE

Sparta. Ebike. Bought new July 2014. Really good condition. Regularly serviced and looked after. Large 58cm frame.

£450

Tel: 01245 223478

GENTS BICYCLE

Marin Kentfield FS Hybrid 20.5 inch frame 700mm wheels. Lights and computer. Very good condition.

£160

Tel: 07775 764332

GENTS BICYCLE 26" wheel MTB 18 speed, mudguards, as new condition...can deliver locally £65 Tel: 01245 602434

STABILISERS PAIR in good condition £10 ono Tel: 01702 231002

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Books , Comics & Magazines

THE WORLD OF Art Books. 23 Hard Covered A4 sized books. Each one is an autobiography of the worlds most famous painters, and their work. V.G.C. Time Life Series. £30.00 Tel: 01277 227828

RAILWAY MODELLER MAGAZINES From 1999 TO 2015, 50 pence each, will sell 10 magazines for a £4 or make me an offer for the lot! £1 Tel: 01702 231002

Clothes for Her

ITALIAN PURE WOOL SUIT by Mario Barutti, dark blue, double breasted 44" chest, trousers 36" waist/33" length only worn once, excellent condition £75 Tel: 01277 652018

COAT MENS (M&S) formal dark grey/black, double breasted, wool/cashmere coat, never worn, size 37inch chest. £60 Tel: 07736 165651

GOLDIX QUALITY jacket brown with thick faux fur lining, collar and cuffs. Extremely warm and in vgc. Size 10/12 purchased from Selfridges £40 ono Tel: 01277 652018

MENS COAT Thomas Nash Grey coat size large never been worn immaculate condition unwanted gift £25.00 Tel: 07795 593638 or 01245346357

NEXT SHORTS Next Mens 'skinny' jeans shorts 30" (76cm) worn for one week or holiday (2 pairs) as new (button flies) £7.50 each or 2 pairs for £12 Tel: 07736 165651

PURE WOOL SUIT double breasted jacket 46" chest, trousers 40" waist, 32" long by British tailor, Dunn & Co, never worn £75 Tel: 01277 652018

USA ARMY Clothing jacket, shirts, sweaters, gloves, poncho, scrim netting, USAAF CAMMO jackets, poncho, slacks, hat, scrim nets, bargain £85 Tel: 01277 200530

ADIDAS SPORTS Jacket/Coat Small Men/Boys (age 15) quilted, black - excellent condition £10 Tel: 07736 165651

COAT MID length faux fur coat in grey worn only a couple of times size 14 £20.00 ono Tel: 07780 692286

DUNLOP STEEL TOE Safety footwear, Black Size 6, in excellent condition, worn once £12 ono Tel: 01702 231002

EDINBURGH TARTAN SKIRTS NEW 2 ladies pure wool - scotch orig. tartans size 18 both, bargain £40 Tel: 01277 200530

JEANS BLACK Primark Mens Skinny 80% wool, Navy blue. Size 12. Excellent condition. £15 Tel: 01621 993321 or 07887842073

LEATHER JACKET black leather biker style with tassels, size small, hardly worn , bargain £30 Tel: 01277 200530

ZARA MAN 2 x Dark grey casual jackets, size 48, one brand new with original labels, one worn once. £80 Tel: 07929 227292

CAMEL COAT camel coat size 14 made by elvi good condition £20 ono Tel: 01245 443149

MENS SHEEPSKIN coat sheepskin coat size L hardly worn £40 ono Tel: 01245 443149

STEEL CAPPED Safety Shoes, black, size 6 in excellent condition £12 ono Tel: 01702 231002

Clothes for Her

LFC HOODIE: LIVERPOOL LFC BLACK HOODIE IN EXCELLENT CONDITION. SIZE XL (but comes up a bit tight so would suit size L person). CAN COLLECT FROM ARLESEY (eve & w/ends) OR HODDESDON (work). £20 07528 777052

Clothing Accessories

EASYVISION ALLPURPOSE SOLUTION: EASYVISION ALLPURPOSE CONTACT LENS CLEANING SOLUTION: 10 x 250ml BOTTLES, ALL SEALED. FOLLOWING EXPIRY DATES - 2 x 03/2018, 2 x 10/2018, 3 x 01/2019, 3 x 05/2019. CAN COLLECT FROM ARLESEY (eve & w/ends) OR HODDESDON (work). £7 07528 777052

Dance Clothes & Shoes

AIRWALK men's shoes Airwalk black men's shoes size 9. Suede upper, padded tongue and collar, cushioned footbed £10 £10

Fashion

MENS JACKET Medium light weight puffa zip up Armani jacket in dark blue, good condition worn a few times , £70.00 ono Tel: 07780 692286

Footwear

BRAND NEW Gents Slippers (8) Clifford James black leather moccasins (size 8) Duplicate purchase so unworn and in original box with despatch packing. Photo on internet (nuton) £15 Tel: 07713 869612

DOLCIS ladies shoes Leather ladies black Dolcis shoes with back strap, size 4, 3 and a half inch solid heel. Very smart looking and in great condition, little wear. £12 Letchworth 07448661291 £12

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Mobility

MOBILITY SCOOTER

As new.

Phone Linda

£400

Tel: 07449930433

MOBILITY SCOOTER

Shopperider, new solid tubeless tyres, good runner.

£250

Tel: 01245604606

**Self-serve
and save time**



MOBILITY SCOOTER PRIDE GO-GO ELITE TRAVELLER LX

Ideal for shopping, leisure, hospital visits etc. and all daily use around town. Easily folds/dismantles into 3-5 parts for carrying in car boot (15kg heaviest part) - 10 miles range, 4 mph max speed, head lamp and swivel seat for easy embarking and alighting. Comes with original manual and battery charger. Colour red. In great condition and very reliable. Very comfortable and gives the user independence when out and about. Less than a year old but no longer required by user. Private sale.

£400 ono

Tel: ITEM SOLD

ITEM SOLD

IMPORTANT NOTICE

Whilst every effort is made to ensure motors advertisements are genuine, please exercise extra caution if the details of a car buying transaction appear unusual - for example if you are told that the vehicle is for sale overseas and is not available for inspection.

Do not make any payment or provide any personal details until you have seen the car in person at an address in the UK and are sure that the transaction is genuine.

Newspapers & Magazines

CRYSTAL GAME SET Comprises Chess, Draughts and Backgammon, in good condition never used £10 ono Tel: 01702 231002

Toys & Games

DOLLS HOUSE (Le Toy Van) Bay Tree House, 3 storey house, staircase, loft ladder and opening windows. **FULLY FURNISHED** with doll family. Boxed, very good condition, CM8 area. £100 ono Tel: 07904 032702

DOLLS HOUSE camper van (Le Toy Van). Wooden, rubber wheels, opening boot. Roof mounted surf board. Cooking set, grilling mat/pillows. Boxed, excellent condition. CM8 area. £10 Tel: 07904 032702

FURREAL FRIENDS Scamps My Playful Pup Dalmatian Dog with accessory bone & rope. Responds to touch with sound & motion. Hasbro Toy 30cm tall. Excellent condition. £10.00 Tel: 01277 655272

PIXEL CHIX Mattel Electronic Toy baby sister single storey house with two storey house with roof pool. Can be linked together. Excellent working condition. £6.00 Tel: 01277 655272

BUILD-A-BEAR. VARIOUS animals (leopard, cat, bears) each with 2 outfits, shoes and accessory. Excellent condition. CM8 area. £8 Tel: 07904 032702

DOLLS HOUSE Car (Le Toy Van). Wooden, pink with flower motif. Matching luggage. Opening boot. Excellent condition. CM8 area. £10 Tel: 07904 032702

DOLLS HOUSE Outdoor Playset Wooden, multi-coloured double swing with climbing frame, elephant slide, horse spring toy. Excellent condition. CM8 area. £5 Tel: 07904 032702

FURREAL FRIENDS Newborn Bunny Rabbit grey with white tummy. Responds to touch with sound & motion. Hasbro Toy 18cm long. Very cute. VGC. £4.00 Tel: 01277 655272

LEGO BASIC bucket, mixture of cars and people or house, build your own. For average 7 years. Good value to add to collection for Christmas. £15 Tel: 01277 226427

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ONLINE



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Mind, Body & Soul

24/7 Advertising for private and trade

Chiropodists

JULIE GOLDEN HPC STATE REGISTERED CHIROPDIST home visits. 01279 873492 07916 075451

Massage & Therapy

QUALIFIED THERAPIST THERAPEUTIC MASSAGE for relaxation and stress relief Tel: 07940820725

Toys & Games

MAMAS & PAPAS Childs Pram. With Under Tray, Hood, Cover, Parasol. adjustable height handle and bag. vgc. £12 ono Tel: 01277 632066 or 07759 978849

BUILD-A-BEAR DOG white and brown with red collar, with sunglasses. 46cm. Excellent condition. CM8 area. £8 Tel: 07904 032702

DISNEY FROZEN 6 in 1 games - bingo-go fish-four in row etc suit 3yrs+ good condition £4.00 Tel: 10245 032702

TOY STABLE large wooden stable with 4 horses and lots of extra items excellent condition £10.00 Tel: 01245 475711

BARBIE dolls each with two complete outfits. CM8 area. £8 Tel: 07904 032702

DISNEYS TOY Story Mr Potato Heads. excellent condition. £10.00 Tel: 01245 475711

DOLLS COT wooden rocking dolls cot. excellent condition £4.00 Tel: 01245 475711

GAME MONEYBAGS suit 7yrs+ good condition £5.00 Tel: 01245 475711

GAME GET it wrong to win suitable 8yrs+ excellent condition £5.00 Tel: 01245 475711

GAME HEDBANZ game suit 7yrs+ good condition £5.00 Tel: 01245 475711

JIGSAW DISNEYS Frozen jigsaw 250 pieces excellent condition £2.00 Tel: 01245 475711

JUNIOR MONOPOLY game. Suit 5-8yrs good condition £5.00 Tel: 01245 475711

MAGIC SET Brand new Mizz Magic set suit 6yrs+ £5.00 Tel: 01245 475711

SNEAKY SHARKS matching card game. Suit 5-9yrs. Good condition £1.00 Tel: 01245 475711

TOY PRAM suit 3 to 9yrs. Red. Good condition £10.00 Tel: 01245 475711

BARBIE PUPPY Pageant game £2.00 Tel: 01245 475711

CRAYOLA BARBIE Story Studio, New £4.00 Tel: 01245 475711

JIGSAW RAINBOW magic 250 pieces £2.00 Tel: 01245 475711

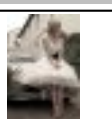
JIGSAW BRAND new clown fish jigsaw. 500 piece £4.00

TELL ME Quiz good condition £1.00 Tel: 01245 475711

Wedding Directory

24/7 Advertising for private and trade

Wedding Wear & Bridal Wear



HOUSE OF MOOSHKI KNEE LENGTH, LACE WEDDING DRESS

Beautiful lace bodice with delicate beading and pink sash. Sweetheart neck, V cut back with button detail. Dress is size 8-10. Pure white and in immaculate condition. Professionally cleaned. Bought from Cutting Edge Brides in Bexley, original price £1700. £700 Tel: 07915 569244

Wedding Wear & Bridal Wear

WINTER WEDDING? Five unused white frilly umbrellas perfect for a bride and bridesmaids. £15.00 01763 271978



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Pets

24/7 Advertising for private and trade

Dogs



DOG WALKING SERVICE

Puppy Trails Limited offers a fully insured, customisable Dog Walking service for the people and pets of Chelmsford! 1 or 2 hour walks as many times as you need, 7 days a week for just £10 per hour. Plus, a FREE Meet and Greet service! Contact Matthew to book yours today. Tel: 07889 621565

Pet Grooming

HOME COMFORTS Dog Grooming Salon based in Sawbridgeworth. Also Mobile. Call Samantha 01279 601010, 07768 078126

Pet Grooming

MUTZ KUTZ DOG GROOMING Qualified / Insured. Former Veterinary Nurse, Collection / Delivery. 07706 253886, 01279 426729

Small Fur Pets

LARGE GERBIL Cage Saviour Large Gerbil, size 50.70x370ms. Feeding bowl, water bottle and running wheel included. Used but in excellent condition. £20 Tel: 01376 528802 or 07521 773000

Home

24/7 Advertising for private and trade

Aerials & Digital Receivers

PANASONIC CORDLESS Answering Phone System, base unit with phone and one other for another room. Compatible with Caller ID and SMS. Good condition. £10 Tel: 01277 226427

LOW NOISE Block Down Converter (LNB), 4 outputs suit 2 Sky Plus boxes or similar, brand new, still boxed £10 ono Tel: 01272 231002

Articles Wanted

RECORDS WANTED CASH PAID FOR LP/EP and SINGLE RECORDS IN GOOD CONDITION. (NO 78's) 07906224080 01371876968

WANTED

1960s FURNITURE

Sideboards, Chest of Drawers, Tables, Mirrors, Lighting, Jewellery, Ceramics, Glass, Collectables and others considered. FAIR PRICES PAID Tel: 07944 533759

RECORDS WANTED

50's, 60's, 70's ROCK, PUNK, REGGAE, INDIE LP's, EP's and 45's 01279 813400 07881 453435

Bathrooms & Accessories

BATHROOM/CLOAKROOM SUITES Retro style. Two matching suite each including a toilet, cistern, basin and pedestal with floor design. Excellent condition. £150 for pair or each £90 Tel: 01621 893321 or 07887842073

BATHROOM SUITE Ideal Standard. Cream bath, toilet and sink. Good condition. Available to view in next few weeks prior to removal for bathroom renovation. £50 Tel: 01268 412494

GOLD PLATED bathroom set, double towel rail, toilet roll holder and lovely oval mirror with matching gold plated fittings. These are top quality items. Reduced £25 Tel: 01277 226427

SPLASH GUARD for bath with shower, holds the shower curtain in place against wall to stop water splash and leaks. Good condition and value. £10 ono Tel: 01277 226427

LUXAFLEX BLIND New Complete With Fittings. Dark Peach Colour. Rise and fall control on the right hand side. Size 1045mm wide x 1050 drop. £30 Tel: 07896 612096

Beds, Bedding, Bedrooms

4 X IKEA Vikedal mirror doors 50 x 229cm. For Tall Pax wardrobes. Comes with handles. Collection from Chelmsford. See IKEA website for details. RRP £40 each. Price for all 4 is £50 Tel: 07913 071405

BED BASE Superking divan (two 1/2 divan bases) with four drawers for storage. On castors for easy movement. 13" base height. Very good condition. CM8 area. £85 ono Tel: 07904 032702

CORBY TROUSER PRESS Model 7700 - mahogany, 3 heat programmes and 15, 30 or 45 minute settings. Excellent condition £65 Tel: 07736 165651

HEADBOARD SUPERKING metal antique brass effect with vertical railings and spherical finials. Very good condition. CM8 area. £70 ono Tel: 07904 032702

MENS TROUSER PRESS Corby Model 7700 - mahogany, 3 heat programmes and 15, 30 or 45 minute settings. Excellent condition £65 Tel: 07736 165651

Beds, Bedding, Bedrooms

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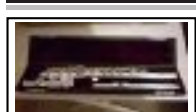
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THE HARLOW DISTRICT COUNCIL

PROPOSED TEMPORARY FOOTPATH AND RIGHT OF WAY CLOSURE ORDER 2018

Harlow District Council in exercise of its powers contained in Section 111 of Local Government Act 1972 and all other enabling powers, and after consultation with Essex Police and the Essex County Highway Authority propose to make the above Order.

The effect of the Order will cause the closure of the existing footpath right of way numbered 35 lying east to west and wholly situated on the London Road EZ site to be closed for approximately 8 weeks.

A copy of the proposed Order, Plan and Statement for Reasons for proposing to make the Order is available for inspection on the public notice board at the Civic Centre, The Water Gardens, Harlow, Essex, CM20 1WG.

Copies of the same may be acquired on payment of the Council's photocopying charges.

Any objections to the proposed Order should be made in writing, stating the grounds on which they are made, to be received by the undersigned not later than 12 noon 23 February 2018.

Andrew Bramidge
EZ Project Director
Harlow District Council
Civic Centre
The Water Gardens
Harlow
Essex
CM20 1WG

TOWN AND COUNTRY PLANNING ACT 1990

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990

Planning (Listed Buildings and Conservation Areas) Regulations 1990

Town and Country Planning (Development Plans and Consultation) Directions 1992

PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council. These applications and others received can be inspected online at www.harlow.gov.uk or at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex CM20 1WG on Monday-Friday, 9am-4.45pm. If you are unable to view the plans during these times, please telephone Planning Services on 01279 446856 where a suitable appointment can be made with the relevant case officer.

Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

Application No	HW/HSE/18/00032	Ward: Old Harlow
Application Type	Householder Application	
Location	28 Park Hill, Harlow, Essex CM17 0AE	
Proposal	Single-storey rear extension.	
Reason for Advert	Conservation Area	

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Essex County Council

(Back Lane, Nazeing) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Back Lane, Nazeing in the District of Epping Forest, from a point approximately 430m southwest of its junction with Betts Lane for a distance of approximately 76m in a Southwesterly direction. The closure is scheduled to commence on 5th March 2018 for 5 days, or where stated on a valid permit (ZP010N7927-2/T2601/EPLR - GTC). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while gas connection works are undertaken by GTC.

An alternative route is available via Betts Lane, Nazeing Common and vice versa.

The Order will come into effect on 15th February 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

(Netherhall Road, Roydon) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council has made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Netherhall Road, Roydon in the District of Epping Forest, from its junction with Sedge Green for a distance of approximately 320m in a northerly direction. The closure is scheduled to commence on 16th February 2018 for 1 day, or where stated on a valid permit (BC005CC1W0000ONEA945626A - BT). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while new customer connection works are undertaken by BT.

An alternative route is available via Low Hill Road, Epping Road, Reeves Lane, Hamlet Hill, Netherhall Road and vice versa.

The Order came into effect on 1st February 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

(Various Roads, Harlow District) (Temporary Prohibition of Traffic & Clearway) (No.1) Order 2018

Notice is hereby given that the Essex County Council has made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order:

1. To temporarily close the various lengths of road in the Harlow District as specified in the schedule to this Order.
2. A temporary 'No Stopping' restriction will be introduced on both sides of carriageway on the above lengths of roads for the duration of the closure to facilitate the works. Signs will be installed indicating when the No Stopping restriction will be in force.

"The District of Harlow (On Street) (Waiting, Loading and Parking) (Consolidation) Order 2011" will be temporarily amended to include the temporary 'No Stopping at Any Time' restriction and suspend any existing parking and waiting restrictions on the above lengths of roads only. All other restrictions and exemptions contained in the aforementioned Order and Amendments to that Order shall remain in force.

The works being undertaken will take place within an 18-month period from 1st February 2018 exact dates will be specified on http://roadworks.org/. The roads will be closed to facilitate each phase and then re-opened to the public. Access will be maintained for emergency services. Diversion routes will be signed at each location and residents will be informed of the dates of each phase via letter / leaflet drop and advanced warning signs on the road. For all enquiries please contact our Contact Centre on 0345 603 7631.

The Order came into effect on 1st February 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Location Description	Extents	Schedule	Diversion
Brookside, Harlow	Brookside, Seymours – a distance of approximately 1155m		No diversion available
Shawbridge Estate, Harlow	Shawbridge, Holly Field, Southern Lodge – a distance of approximately 1179m		A1169 Southern Way, Kingsmoor Rd, Pymest Rd, Holly Field and vice versa

(Brookside, Harlow) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council has made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Brookside, Harlow in the District of Harlow, from a point approximately 15m north of its junction with Church End for a distance of approximately 50m in a southerly direction. The closure is scheduled to commence on 10th February 2018 for 9 days, or where stated on a valid permit (EP201EH10002168 – Essex County Council). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while carriageway reconstruction works are undertaken by Essex County Council.

An alternative route is available via Brookside and vice versa.

The Order came into effect on 1st February 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

(Various Roads, Harlow District) (Temporary Prohibition of Traffic & Clearway) (No.2) Order 2018

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order:

1. To temporarily close the various lengths of road in the District of Harlow as specified in the schedule to this Order.
2. A temporary 'No Stopping' restriction will be introduced on both sides of carriageway on the above lengths of roads for the duration of the closure to facilitate the works. Signs will be installed indicating when the No Stopping restriction will be in force.

"The District of Harlow (On Street) (Waiting, Loading and Parking) (Consolidation) Order 2011" will be temporarily amended to include the temporary 'No Stopping at Any Time' restriction and suspend any existing parking and waiting restrictions on the above lengths of roads only. All other restrictions and exemptions contained in the aforementioned Order and Amendments to that Order shall remain in force.

The works being undertaken will take place within an 18-month period from 15th February 2018, exact dates will be specified on http://roadworks.org/. The roads will be closed to facilitate each phase and then re-opened to the public. Access will be maintained for emergency services. Diversion routes will be signed at each location and residents will be informed of the dates of each phase via letter/leaflet drop and advanced warning signs on the road. For all enquiries please contact our Contact Centre on 0345 603 7631.

The Order will come into effect on 15th February 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Location Description	Extents	Schedule	Diversion
Southern Way, Harlow	From A414 to Abercrombie Way – a distance of approximately 2597m		A1169 Southern Way, A1169 Katherines Way, A1025 Third Avenue, A1025 Second Avenue, A414 and vice versa

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Tour highlights

- ✓ Return direct flights from Luton & Stansted
- ✓ 7 nights hotel HB accommodation (3 Caserta & 4 Barletta)
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- ✓ Excursion to Trani and Castel del Monte
- ✓ Visits to Alberobello, Matera and Benevento
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Tour highlights

- ✓ Return direct flights from Luton & Stansted
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Tour highlights

- ✓ Return direct flights from Stansted
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- ✓ Tour of the Northern Crete countryside and wine-tasting
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Tour highlights

- ✓ Return direct flights from Luton & Stansted
- ✓ 7 nights 4* HB accommodation on the coast in Taramay, Almunecar
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Tour highlights

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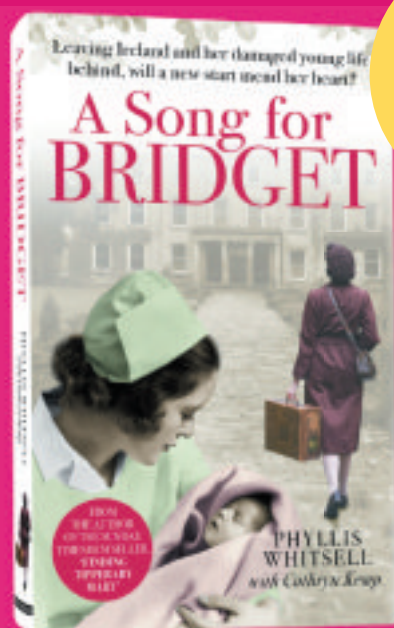
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Sophia stars for Harlow in sprint

Big medal haul for club's athletes at indoor champs

AN excellent weekend at the East and Essex Indoor Championships saw Harlow Athletic Club collect a clutch of medals and a host of personal best performances.

A total of 21 Harlow athletes from across the age groups took part in the event, held at the Lee Valley Athletics Centre in Picketts Lock.

It was unfortunate for the U20 men that both Dominique Diomande and Shemar Boldiszar were in the first semi-final together.

Diomande's 7.28sec was a new PB, but he was pipped to qualification by Boldiszar in 7.10. In the final, he ran 7.01 to earn the silver medal.

Beth Harryman's performance of 10.40m in the U20 shot put earned her double gold as winner of both the Essex and East of England events.

Also in the U20 shot, Dara Shekoni (12.32m) won both bronze medals for the region and county, while Mia Rowan (4.08m) won U13 Essex bronze. In the U15 long jump, Millie Upton registered 4.37m for Essex bronze.

Mia Rowan qualified for the U13 60m hurdles final and ran a new PB of 11.25 to secure Essex bronze. In the U15 final, Grace Iylnor's time of 10.01 was a new PB and good enough for regional bronze and Essex silver.

In the U15 60m sprints, James Petty was third in his heat in 7.88; Jamie Scott won his heat in a club-record equalling 7.76 and then came sixth in the final in 7.77.

Lauren Coldicott's time of 8.76 was quicker than a couple of heat winners but as she finished third in her heat she did not progress. In the U17s Benison George ran a PB of 7.92 in his heat.

Day two proved to be just as successful for Harlow.

Leo Chaschin began a busy day by jumping 6.03m to earn silver for both Essex and Eastern U20 competitions.

He then followed this up with 12.14m in the triple jump and 1.80m in the high jump to secure Essex gold and Eastern bronze – finishing the day as Essex pole vault champion with a height of 3.40m.

Harryman endured a bitter-sweet day as she won the U20 high jump in 1.60m, but had to withdraw from her favoured event, the long jump, due to a knee injury.

In the U15 300m, James Petty ran 39.32 for Eastern bronze. He then took bronze in the 200m with yet another PB of 24.92.

Sophia Bridle took centre stage in the U13 200m final, where in her first ever championship event she won gold with a new club record for the age group of 28.52.

Bronze

Boldiszar qualified for the final of the U20 200m where he was second in 22.21.

In the 400m, Teale Cunningham ran a new PB of 53.05 to secure U20 Essex bronze.

The day ended with the middle distance events: Katie Champion won U20 silver in the 1500m in 5min 45.10sec; Dawn Jones ran 2:42.45 in the senior women's 800m; Grace Malcolm smashed her PB by almost seven seconds for fourth in the U17 800m with 2:38.0, while in the U17 men's 800m final Jamie Putt was just outside the medals in 2:06.18.

Club chairman Steve Lott said: "Many congratulations to all of the athletes who have done themselves and the club proud."



Harlow's Leo Chaschin had a busy but lucrative championships



Harlow Judo Club member Owen Lambert

Owen lands bronze medal

TWELVE-year-old Harlow Judo Club member Owen Lambert once against displayed his fighting prowess as he picked up a bronze medal at the Midland Area Age Band Judo Championships.

Owen was the club's sole representative at the event at the Walsall campus of the University of Wolverhampton.

As this was such a high level competition it attracted clubs from as far afield as Wales, Northern Ireland, Scotland as well as all over England.

Owen competed in the Pre-Cadet section where players are born in the years 2004-2005.

He proved his ability by winning all but one fight which enabled him to take bronze.

Owen did well to medal at this level of competition, but unfortunately an error cost him a place in the final.

Harlow Judo Club are based in Foldcroft. For more details see www.harlowjudoclub.com

Hawks face six-pointer

AFTER a weekend off, Harlow Town return to action in the Bostik League Premier Division this Saturday as they host bottom of the table Burgess Hill Town (kick-off 3pm).

Hawks haven't won a game in the league since January 6, when they overcame Tooting and Mitcham United 2-1, and if ever there was a relegation six pointer, then the visit of Burgess Hill is one.

Danny Chapman's side did at least remember what is was like to win as they beat Bostik North outfit Hertford Town 3-1 on Tuesday night in a friendly, James Baker, Charlie Edwards and Kezie Ibe getting the goals.

Bentley best for runners

HARLOW Running Club members produced some excellent performances at the Great Bentley Half Marathon, with several personal best times and one club record.

Sharon Wright was 100th out of 647 finishers and was third female Vet 35 in an excellent 1hr 29min 17sec, a PB and a new age group record.

Experienced Cantabs deny shot at losing bonus point

CANTABRIGIANS turned the tables on Harlow to gain revenge for the defeat earlier in the season with a 25-15 win in London & SE Division Two.

With sickness in the camp veteran prop Paul Prindiville was called up to the front row.

Harlow needed an improved performance from the previous week, and with just four minutes gone the backs spun the ball wide and wing forward Michael Weston punched through to

score. The next 20 minutes saw Cantabs' heavy pack taking on Harlow up front, and scrum-half Charlie Woodington was struggling to get any clean ball.

With half an hour gone and Harlow defending a driving maul on a slippery surface, Cantabs' experienced pack set up their scrum-half for an easy try to level the score at 5-5.

Shortly afterwards Cantabs scored their second try from a driving five metre scrum, but

Harlow responded straight away by spreading the ball across the park to stretch their opponents' defence.

Great handling saw a gap open up for Scott Stalley, who grabbed the opportunity to score Harlow's second try and make it 12-12 at the break.

With five minutes of the second half gone, Cantabs kicked through Harlow's defence and their hooker ran on to the ball to go over the whitewash.

With the score at 17-12, Cantabs were reduced to 14 men with their wing forward yellow carded.

Fly-half Danny Smith took advantage by converting a penalty, bringing Harlow to within two points of the hosts.

Cantabs then extended their lead from a driving line-out, and at 22-15 Harlow were at least in with a chance of a losing bonus point.

But then, with seconds to go,

Cantabs were awarded a kickable penalty, which they duly slotted over to make it 25-15.

This Saturday Harlow are at home in a cup game to Wanstead (kick-off 2.30pm), who are third in the league and have only been beaten three times all season.

It will be a tough challenge for Harlow ahead of important league matches on February 17, against 11th placed Woodford at home, and then March 3, when they entertain leaders Rochford.